

# Positive thinking tips to go



- **Catch yourself having negative thoughts**, write them down as you have them or at the end of the day. Then change them into positive ones.
- **Change negative into positive words including:**
  - “I can’t” becomes “I can”
  - “Try” becomes “do”
  - “Problem” becomes “challenge”
  - “It, them and they” becomes “I”
  - “I should, have to or must” becomes “I want to”
- **Repeat your affirmations daily.** Keep your affirmations short and positive; for example, “I am powerful.” “I am strong.” “I am happy.”
- **Make a collage of images** that capture the meaning of your affirmations.
- **Use visualization** to image successful outcomes in great detail.
- **Believe in what you say** so that your affirmations are real in your mind and head first
- **Positive habits become success**
  - You can improve your life
  - You can achieve your goals
  - You can create the future you dream of
  - Follow through with a positive action
  - Think positive
  - Talk positive
  - Act positive