

## RESILIENCE THROUGH THE POWER OF POSITIVITY

## YOUR THOUGHTS

Set aside some time to list any 5 thoughts that are currently bothering you. Write them down below. Beside the column where you have listed the negative thoughts, try replacing the negative thoughts with positive ones.

For example, "I am having a tough time handling my finances" can be replaced with "Let me get try some financial guidance from friends and family". Simply by replacing the thoughts on paper, you can see how things can actually be perceived differently.

Negative	Positive
This shall never pass	I have seen worse times passing
I won't be able to adjust here	Let me try to be friends with some people here
I can never move on	Maybe I should give it some time