

POSITIVE THINKING!

Did you know
that our thoughts, feelings and
behaviours are all connected?



It's natural to have negative *thoughts* and literally about anything too! But these negative thoughts can make us *feel* negatively and then impact our *behaviour*.

Example:

I'll never be
able to lose
weight

Thought

Self doubt,
Frustrated

Feelings

Continue
with current
Food habits

Behaviour

The good news is if we tweak our *thought* (even if it's a little bit) this can make us *feel* so much better which in turn will *make* us do things more positively and create better outcomes

Example:

I've lost weight
in the past so I
can do it again

Thought

Self
Coincidence,
hope

Feelings

Joining a gym/
slimming club

Behaviour

YOU CAN USE THIS THOUGHTS, FEELINGS AND BEHAVIOUR MODEL WITH ANYTHING!

It helps you become the best version of yourself maximising your happiness. All it requires from you is practice and to be more aware of your thoughts.



Examples:

"Everyone hates me" "I can't do.."
"People will laugh at me if I.."
"I'm stupid at.." "I am good at sport"
"I am going to succeed."



Examples:

Happy • Excited • Confident
Worried • Confused • Angry
Tearful Worthless • Scared
Embarrassed



Examples:

Going for a job promotion
Public Speaking • Drinking too much
Falling out with a friend
Meeting deadlines
Asking someone out

REMEMBER!

Notice those negative thoughts!

REMEMBER!

You can do **anything** you put your mind to!

REMEMBER!

If you do get a negative thought, PAUSE and tweak it!