

Reframing for Positive Thinking



Learning to turn negative thinking into positive thinking takes time and practice. You are creating a new habit. One way to set yourself on a positive path is to practice "outside" of the moment. For each statement below, create a script for something different you might say to yourself. Some examples from educators are provided.

Negative Self-Talk	Example Positive Reframes
<p>It's too complicated for me.</p>	<p>I'll take this as a challenge. I'll tackle it from a different angle.. I just need to take this one step at a time. This is hard, but with practice, I will do it.</p>
<p>I'm not going to get any better at this.</p>	<p>I will keep practicing. I'll give it another try. This is not my strength, but _____ can help me. Progress happens at any rate.</p>
<p>I don't have the resources.</p>	<p>Necessity is the mother of invention. I can get creative to solve this problem. I need to pursue other avenues. I will ask for help.</p>
<p>I'm too tired to get this done.</p>	<p>I wasn't able to fit it into my schedule, but I can re-examine some priorities. What can I accomplish/what impact can I make 3 years from now? After I make time for myself, I will get to this. I am frustrated, I will walk away and come back to it. I will try it for two weeks.</p>
<p>It's too big of a change for me.</p>	<p>Let's take a chance! I look forward to the opportunities that lie ahead! This feels really uncomfortable , but is an opportunity to grow. I will focus on one thing at a time. I know with change comes growth.</p>

For more strategies and coaching tips, contact: info@educationandwellnessconsulting.com