ACTIVITY: Powerfully Positive Thinking

Purpose

- Discuss differences between positive and negative self-talk.
- Help team members identify positive qualities.
- Create Powerfully Positive Thinking statements.
- Discuss how to combat negative thinking.

Background

Powerfully positive thinking is self-talk that encourages and promotes a healthy thought process. It is valuable because people tend to be quick to talk about what they believe to be their negative qualities. As a result, they have a difficult time seeing and verbalizing their individual self-worth and value. Designing Powerfully Positive Thinking Cards encourages each person to articulate her/his valuable qualities and helps to promote in her/him a continual feeling of self confidence.
Activity

1) Begin a discussion about the difference between positive and negative self-talk.
2) Ask each person to talk about a time she/he accomplished something she/he is proud of. When everyone has had a turn, encourage them to reflect upon their individual qualities that helped them to accomplish what they discussed. Encourage everyone to share briefly what they came up with.
3) Talk about powerfully positive thinking and explain the three different ways it can be used by them. **I AM** (a statement of who they are), **I CAN** (a statement of what they can achieve) and **I WILL** (a statement of self-belief). Examples of each statement include the following:
   - I am smart, I am a great cook, I am funny and I am a great friend.
   - I can get through tough times, I can help out my friends, I can control my anger and I can believe in myself.
   - I will like myself more, I will be more helpful to my co-workers, I will volunteer more and I will have a great job I love.
4) Give each person a Power Cards form with each of the three categories and encourage her/him to write a powerfully positive thinking statement in each square. If anyone is having trouble with the statements, encourage the others to help. Be creative! Decorate the cards if time allows.
5) When they are all finished, invite everyone to share their powerfully positive thinking statements with the group.
6) Encourage participants to place the cards in their lockers, on their mirrors, on their desks, in their journals, or in their scrapbooks or to carry them in their bags/purses/wallets. Also remind them to repeat their powerfully positive thinking statements often!

Discussion Questions/ Key Points
- Why do people often struggle with talking about their positive qualities?
- What are some ways you can combat your negative thinking with positive thinking?
- How will you use what you have learned today?

http://lifeskiller.com/positive-thinking-activities/

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Reflect on powerfully positive thinking and create I AM statements.

**I AM** (a statement of who you are)

**I CAN** (a statement of what you can achieve)

**I WILL** (a statement of self-belief)

I am...

I can...

I will...