

# HELPFUL POSITIVE STATEMENTS

We are often quite down ourselves, especially when something bad has happened or we feel sad. Sometimes it is helpful to identify the great things about us that are always part of us, even when things are not going well.

Tick any of the statements you identify with on this sheet.

- I am brave
- I am kind
- I am a helpful person
- I am good at work
- I have good friends
- I am intelligent
- I am good at sports
- I am a hard worker
- I am funny
- I am artistic
- I am strong
- I am fearless
- I am thoughtful
- I am honest
- I am caring
- I am loyal
- I am creative
- I am organised
- I am ambitious
- I am unique
- I am positive
- I am calm
- I am courageous
- I am good at \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_