Many times people do not realize the amount of negative thoughts they have in a given day, yet a steady stream of negativity has a direct impact on the way a person feels about him or herself. Learning to change internal dialogue is crucial to becoming mentally stronger and living a more optimistic life.

Using positive self-talk takes practice. First, it is important to STOP the negative thought and then replace it with a positive thought. Let’s practice below.

<table>
<thead>
<tr>
<th>Negative Thought</th>
<th>Positive Thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is pointless. I'm never going to lose any weight.</td>
<td>Every step counts and every step matters—I AM making progress!</td>
</tr>
</tbody>
</table>

Check out the next page for an example of a positive self-talk collage. Feel free to print it out, or create one of your own!

Wellness@Work

If you feel any information is too sensitive, you may send this worksheet directly to the Wellness Coordinator. Please contact Katie Williamson if you would like any assistance in this area.

Phone: 559-278-4851
E-mail: eawellness@csufresno.edu
What matters most is how you see yourself.

You have brains in your head
You have feet in your shoes
You can steer yourself in ANY direction you choose

If things start happening,
Don't worry. Don't stew.
Just go Right along and
You'll start happening too
—Dr. Seuss

Today is your day!
Your mountain is waiting So...
get on your way. Dr. Seuss

the only thing limiting us in life is our belief that there are limits.

You're awesome!

I think there's something wrong with me.

You want to know what's wrong with you?

What?

You think there's something wrong with you.

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1. http://soulgarden.me/profiles/blogs/lions-prepare-to-meet-your-shadows