

## Give Your Thoughts a Makeover!

Name: \_\_\_\_\_

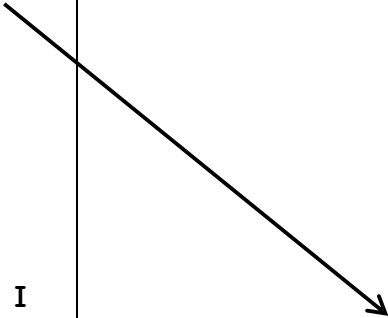
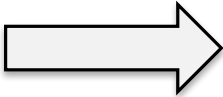
Date: \_\_\_\_\_

Obstacles are in your thoughts! Change your thoughts, and obstacles become opportunities for success!

Draw an arrow changing each limiting thought on the left into its more empowering version on the right!

Makeover thoughts like these...

Into thoughts like these...

<p>I might make a mistake.</p> <p>I'm not smart enough.</p> <p>I might look foolish for trying.</p> <p>I get really nervous when I try something new.</p> <p>I'm worried what others think of me.</p>		<p>A. I get really excited when I try something new.</p> <p>B. I can't control what others think of me.</p> <p>C. I can learn what I need to learn to succeed.</p> <p>D. Everyone makes mistakes and I can learn from mine.</p> <p>E. I will feel stronger for trying.</p>
<p>Here's one of my own limiting thoughts:</p>		<p>Here's my own limiting thought with a makeover:</p>

Answers: 1-D 2-C 3-E 4-A 5-B