

Positive Attitude Tools

These four positive attitude tools can help you feel good about yourself, even when you face challenges. Try them out. The more you practice them, the easier using them will get.

Positive Attitude Tool #1: Use Positive Self-Talk

Using positive self-talk means saying things that a supportive friend might say. Now, *you* can become that supportive friend and say those positive things to yourself! Remind yourself of your abilities and of how hard you are working. Remind yourself that you are special because you are *you*.

Positive Attitude Tool #2: Find Ways to Feel Calm

When you feel stressed or upset, try using methods such as deep breathing, exercising, counting, or using your imagination to calm yourself.

Positive Attitude Tool #3: Talk It Out

If you are feeling stressed, sad, or anxious and need help to feel better, ask a trusted adult (like a parent, teacher, or counselor) for support. Or, if you just need someone to listen to what's going on in your life, friends or siblings may be good people to turn to as well.

Positive Attitude Tool #4: Believe in Yourself

Remind yourself of your talents, abilities, and special qualities. Thinking about these qualities can help you remember what's great about being you. Once you figure out what these abilities are, you can use them in your positive self-talk.