

Action sheet

What do you say to yourself when things go wrong? How could you prime your thoughts to make different connections in your brain?

"I'm an idiot I forgot my keys" might become "Thank goodness I remembered my keys before I got too far away".

You can prime yourself **+** positively or **-** negatively depending on what you allow into your mind.

Think of three examples where you can prime your thinking to make it more positive

How often do you actively praise yourself? Think of (at least!) three things that you have done that have been really great in the last week. Write them down

This may feel uncomfortable. Write down a sentence on each as if you were praising someone else for what they did.



Put 15 minutes into your diary at the end of each week to think about the things you have done well and commit to giving yourself some praise for them.

