

Say No to Negative Thoughts



Self esteem is important for everyone. A low self esteem is often the result of negative thoughts. Think positively and start by changing the negative thoughts below to a positive one. See the example below.

For Example:

Nobody cares about me. _____ → *I'm important to my family.*

1. I won't do well on the test. _____

2. Everyone is smarter than I am. _____

3. I hate my hair. _____

4. My friends don't like me. _____

5. I'm not smart. _____

6. I'll probably fail. _____
