

Life Skills

Positive thinking

Objective: To understand how positive and negative thinking affects me and my actions

Must: recall examples of positive and negative statements

Should: describe the difference between positive and negative statements

Could: explain how to turn a negative question into a positive one

Negative Thinking

- Do you know anyone who always seems to be negative about everything?



Negative Thinking

- What do they say or do?
- How do they act or behave?
- What kind of experiences do they generally have in their lives?



Positive Thinking

- Do you know anyone who always seems to be positive about everything?



Positive Thinking

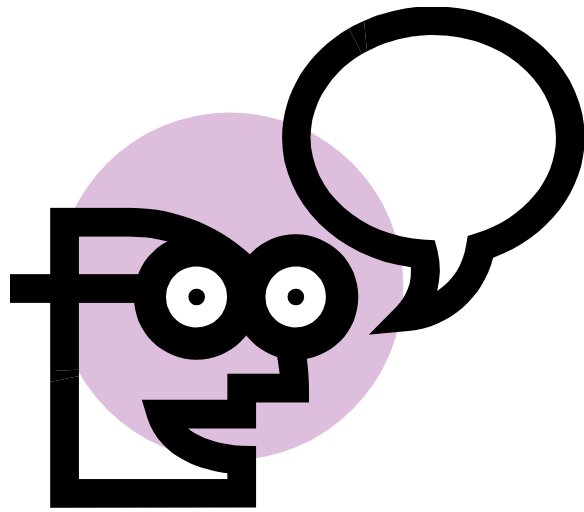


- What do they say or do?
- How do they act or behave?
- What kind of experiences do they generally have in their lives?

Who are you?



The Art of Using Questions To Create a Positive Mindset



- The most important conversation that we have is the conversation we have on the inside, with ourselves.

The Art of Using Questions To Create a Positive Mindset



- You might ask yourself:

“Why can't I revise for my exams?”

"Why can't I revise for my exams?"

This kind of question assumes that:

1. Revision is to be done for the exams
2. You can't do it

What might the answers to this question be?

"Why can't I revise for my exams?"

- How can we turn this question into a positive question, which will open up answers for us?
- Try rephrasing the question, this time starting it with either "how", "when", "what" or "who".

The Art of Using Questions To Create a Positive Mindset

"How can I revise more easily to get the exam results that I want?"

This question assumes that:

- I can revise (it can be done)
- There are options and choices available to me (to choose the best method to use to revise)
- There are easier options available to me
- These options will help me to work towards gaining the exam results that I want.

The Art of Using Questions To Create a Positive Mindset

Turn the Negative Questions into Helpful/Resourceful/Positive Questions:

- Why is everything always boring?
- Why doesn't anyone ever listen to me?
- Why can't I make friends like everyone else?
- Why is school boring?
- Why can't people understand my situation with my mum or my situation at home?
- Why can't I play my guitar the way that I want to?

The Art of Using Questions To Create a Positive Mindset

- Next time you find yourself asking why you can't do something, or be like someone or another negative question:
- Stop for a moment
- Rethink that question and make it more positive
- Choose to act on the answers.

The Art of Using Questions To Create a Positive Mindset

Summary:

- Open up the mind and give it an opportunity to help you to find the most resourceful ways that you can use to achieve the results you want.
- You do this by asking Resourceful, Positive and Empowering questions beginning with 'what, when, how, who'

Glossary

- **Negative Thought Patterns**
- Someone who predominantly thinks in a negative way
- **Positive Thought Patterns**
- Someone who predominantly thinks in a positive way
- **Mindset/Positive Mindset**
- A way of thinking which embraces thoughts that guide the direction of our life.