

ACTIVITY: Powerfully Positive Thinking

Purpose

- Discuss differences between positive and negative self-talk.
- Help team members identify positive qualities.
- Create Powerfully Positive Thinking statements.
- Discuss how to combat negative thinking.

ESTIMATED TIME

20 minutes

MATERIALS

Required:

- A. Pencils or pens
- B. Power Cards form for each participant

Background

Powerfully positive thinking is self-talk that encourages and promotes a healthy thought process. It is valuable because people tend to be quick to talk about what they believe to be their negative qualities. As a result, they have a difficult time seeing and verbalizing their individual self-worth and value. Designing Powerfully Positive Thinking Cards encourages each person to articulate her/his valuable qualities and helps to promote in her/him a continual feeling of self confidence.

Activity

- 1) Begin a discussion about the difference between positive and negative self-talk.
- 2) Ask each person to talk about a time she/he accomplished something she/he is proud of. When everyone has had a turn, encourage them to reflect upon their individual qualities that helped them to accomplish what they discussed. Encourage everyone to share briefly what they came up with.
- 3) Talk about powerfully positive thinking and explain the three different ways it can be used by them. **I AM** (a statement of who they are), **I CAN** (a statement of what they can achieve) and **I WILL** (a statement of self-belief). Examples of each statement include the following:
 - I am smart, I am a great cook, I am funny and I am a great friend.
 - I can get through tough times, I can help out my friends, I can control my anger and I can believe in myself.
 - I will like myself more, I will be more helpful to my co-workers, I will volunteer more and I will have a great job I love
- 4) Give each person a Power Cards form with each of the three categories and encourage her/him to write a powerfully positive thinking statement in each square. If anyone is having trouble with the statements, encourage the others to help. Be creative! Decorate the cards if time allows.
- 5) When they are all finished, invite everyone to share their powerfully positive thinking statements with the group.
- 6) Encourage participants to place the cards in their lockers, on their mirrors, on their desks, in their journals, or in their scrapbooks or to carry them in their bags/purses/wallets. Also remind them to repeat their powerfully positive thinking statements often!

Discussion Questions/ Key Points

- Why do people often struggle with talking about their positive qualities?
- What are some ways you can combat your negative thinking with positive thinking?
- How will you use what you have learned today?



Power Cards

Reflect on powerfully positive thinking and create I AM statements.

I AM (a statement of who you are)

I CAN (a statement of what you can achieve)

I WILL (a statement of self-belief)

I am...

I can...

I will...