

Changing Your Perspective!

Step 1: Believe that you can change!

Your perspective is created by you and you have the power to complete the steps below to engage in the process of changing your perspective.

Step 2: Notice your negative thoughts about the area for which you are struggling and write them down (see the worksheet below).

Step 3: Develop positive thoughts to counter negative thoughts and write them down.

Step 4: When you notice one of your negative thoughts – replace it with the positive thought.

Step 5: Develop your mantra or positive self-statement including the following:

- A belief that you can do what you need to do to be successful.
- A reminder that completing the task will bring you closer to attaining your long-term goals.
- Include a reminder that any struggles that you have are temporary and will change.

Step 6: Avoid significant contact with those who are being negative about the task.

- Try to help the person to be more positive
- If they are unwilling to change their perspective, then limit communication with that person about the task.

Negative Thoughts	Positive Counter Thoughts

Mantra or Positive Self-Statement: