



The Power of Positive Thinking

Positive thinking is a choice. You can choose to think of your life as a series of misfortunes or you can choose to think positively. Choosing to think positively is the first step to a more rewarding and fulfilling life.

Here's an example of positive thinking:

"Yes! Today, I broke my own personal record for the most consecutive days lived!"

Well, it may seem a little extreme but you have to admit, it's a pretty cool way to look at life, isn't it?



“Whether you think you can or think you can’t, you’re right.”

- Henry Ford, Founder of Ford Motor Company

How do I think positive?

1 Reframe the negative event

It’s easy to jump to negative conclusions when you’re feeling lousy about something. Keep your mind in check—think again about the negative event and reframe it positively. Explain negative events as temporary, specific and don’t blame yourself for it.

EXAMPLE: I failed my math test twice.

Negative Thinking	Positive Thinking
Permanent: I’ve failed twice and will fail again every time I try.	Temporary: If I try again, I’ll not commit the same mistake.
Pervasive: I can’t do anything right!	Specific: I’m not so good at math, but I can draw very well.
Personalise: I failed because I am dumb and good-for-nothing.	Not always me: I could have done better, but I did my best considering my throbbing headache.

2 Remove & Replace

Once a negative thought enters your mind, be aware of it and work to replace it with a positive, constructive one.

Hopelessness
Can’t do
Try to
Procrastination
Stress
Pessimism
Weakness



Hopefulness
Can do
Must do
Determination
Motivation
Optimism
Strength

3

Reflect on how to make improvements

Instead of feeling disappointed and blaming yourself after a failure or a setback, ask yourself the following:

- What specific thing did I do that didn't work?
- Is there anything I did that worked well, even though I didn't get the outcome I wanted?
- What can I do next time to help me succeed?
- What would be the pluses and minuses of that approach?
- What will happen next time if I practice more/ study more/ work harder?



Fill in the blanks; change the phrases to fit the situation.

Find positive meaning in a negative event.

Although I failed the test previously, I did better this time.

For the next test, I shall _____

I haven't done this before. If I go ahead, I might embarrass myself. BUT I believe in my abilities.

I know I can do it if I _____

Why am I so unlucky? The teacher assigned me project mates who are lazy and incompetent.

Instead of complaining, I can _____

I don't like that we lost the game but we did some things well.

One thing the team did well was _____
