**Grade Nine Health**

**The Power of Positive Thinking**

**Student Name: Date:**

**“See the positive side, the potential, and make an effort.” ~Dalai Lama**

Negative thoughts drain you of energy and keep you from being in the present moment. The more you give in to your negative thoughts, the stronger they become. I like the imagery of a small ball rolling along the ground, and as it rolls, it becomes bigger and faster.

When we start to have negative thoughts, it’s hard to stop them. And it’s much easier said than done to shift your focus to positive thoughts.But, it’s the only way, especially if you want to avoid going down a path that is painful and unnecessary.

**That’s what one small negative thought can turn into: a huge, speeding ball of ugliness. On the contrary, a small positive thought can have the same effect blossoming into a beautiful outcome.**

In the space below write an example of a time when you let a small negative thought turn into a large ‘speeding ball of ugliness’

**Consider the following strategies to help you choose a positive attitude.**

1. **You can choose to be optimistic.** The glass can be seen as half full.
2. **You can choose to accept things as they are.** This doesn’t mean you give up or quit, it means that you don’t continue to bang your head against the wall. You just get on with the rest of your life.
3. **You can choose to be resilient.** You can make like an oak tree with strong roots and a foundation. Like a tree you can sway and bend as life batters you but bounce back when the storm is over. When you are resilient, you can survive almost anything including loss, heartache, abuse.
4. **You can choose to be cheerful.** Start by refusing to say negative things. Curl your tongue and take five deep breaths. Smile. When you send out positive words, thoughts and feelings, and act in a positive way, positive people and situations are more likely to become part of your life.
5. **You can choose to behave in an enthusiastic way.** Approach

everything you do with energy. Enthusiasm is contagious; the more upbeat you are, the more likely others around you will act in an upbeat, positive way.

1. **You can choose to have a sense of humour.** Laughter helps everyone feel positive, including yourself. Acting silly now and then can significantly change your own mood and the mood of a situation.
2. **You can choose to be grateful.** Pay attention to people, events, things and situations for which you are grateful. Consider keeping a daily gratitude journal.

In the space below write 5 things you are grateful for right now – share them with a friend or classmate – and challenge yourself to write down 5 things you are grateful for each day for the next month:

1. **You can choose to have faith.** For some this means having faith in a higher power, for others this may mean having faith in others and themselves. Having faith means believing that things will work out.
2. **You can choose to have hope.** Without hope, life has no meaning or purpose. We expect nothing, plan nothing, and set no goals. Search for hope in your life. Approach your life with hope for it is the most important attitude of all.
3. **You can read positive Quotes.** Write them on sticky notes and leave them in places where you will see them often

Here is an example:

Watch your thoughts, they become words.  
Watch your words, they become actions.  
Watch your actions, they become habits.  
Watch your habits, they become your character.  
Watch your character, it becomes your destiny.

In the space below look up 3 positive quotes on your phones that you like and write them below:

Happy positive thinking!

BONUS

Complete the following statements

Complete the following statements:

“Thinking positively is helpful because …”

“Thinking positively is difficult sometimes because …”

“When I know I am having negative thoughts, I …”

“I can encourage other people to be more positive by …”