

Think Positive: A Review

DIRECTIONS: Read each example of a positive action. If the example is a positive action to care for a *physical* need, color the space **BLUE**. If the example is a positive action to care for a *intellectual* (mental) need, color the space **ORANGE**. If the example is a positive action to care for a *social/emotional* need, color the space **YELLOW**.

Be persistent and you will find the hidden design.

Not Making Excuses Thinking Clearly Being Persistent Managing Your Gifts	Keeping Your Promises Always Eating the Right Foods Learning More About A Subject or Person That Interests You	Having the Courage to Try Something New Thinking Positively Memorizing Something That is Important to You Exercising Your Body Every Day	Joining a Book Club Telling Yourself the Truth Not Blaming Others
	Getting Enough Sleep and Rest Avoiding Angry Feelings Admitting Your Mistakes Looking for the Good in Others	Reading Current News from the Newspaper Visiting the Library Often Sharing Your Time	Going to a Concert, Play, or Musical Avoiding Things that are Harmful to Your Body Thinking How Others Feel