What Would You Say?

Do you think your self-talk is more often positive or negative? Quiz time…. Let’s find out!

1. You enter a contest and you do your best, but you don’t win. What do you say to yourself?
   1. I knew this would be a waste of time. I am not good enough to wins.
   2. I did my best, and that is all I can do. I can figure out how to do better next time.
2. You are nominated for student of the week, but you don’t win.
   1. So much for having real friends. I guess nobody really likes me.
   2. It was an honor to be nominated, I might win another time.
3. It is one of those days where everything goes wrong, it doesn’t matter what you do, everything is just going bad.
   1. This day sucks, I suck, why do these things happen to me? I cannot do anything right.
   2. Boy, what a day. Everyone has days like these. Good thing they don’t happen all the time. Tomorrow is a new day.
4. You should have done your science when your teacher assigned it, but you put it off. You are in a panic.
   1. I am so stupid. I will never pass this class. Why can’t I be as smart at \_\_\_\_\_\_\_?
   2. I guess everyone has to figure out it is important not to put off school work. Now that I know how awful it feels, I won’t do it again.
5. You are sitting down to take a test in one of your hardest subjects. What do you say to yourself prior to the test starting?
   1. This is going to be a hard test. I am never going to pass it. I am so stupid and I will never get this stuff.
   2. I studied hard. If I do my best that is all I can do. I am prepared, and will do well.

What do your answers tell you about yourself?

Are you a positive thinker?

What would help you be more positive?