



# The Power of Shifting Your Mindset

Our self-image can have a big impact on our mental well-being. Do you see yourself as being highly skilled or struggling to keep-up? Do you see yourself as resilient or feel as though you fall short when under pressure? Do you see yourself as a hard-worker or a procrastinator?

All of these perspectives can impact how we see our potential and the way we operate in school, social situations and in life in general. Below you will see some examples of mindsets that we can have about ourselves and ways we can shift that mindset to see things in a more positive light!

Use these examples as a starting point and then try this out for yourself. Pick a word that might be a negative mindset you have and change it to a positive one! This is a great exercise for self-confidence and for seeing our strengths.

I AM distracted ..... I am a big thinker

I AM neurotic ..... I am detail-oriented

I AM disorganized ..... I am a multi-tasker

I AM too sensitive ..... I am empathetic

I AM forgetful ..... I am present

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## TRY IT YOURSELF

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_

I AM \_\_\_\_\_ ..... I am \_\_\_\_\_