

# POSITIVE Thinking

Name: \_\_\_\_\_

Date: \_\_\_\_\_

You must love yourself and think positively to be happy. The statements below are not true.  
Give reasons below as to why they aren't true and are harmful for self esteem.

If I'm not successful, I can't be happy.

If I was better looking I'd be happy.

I must have certain material things to be happy.

I have to have money to be happy.

There is no fun in work.