



**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

Before you speak
THINK

T ~ Is it true?

H ~ Is it helpful?

I ~ Is it inspiring?

N ~ Is it necessary?

K ~ Is it kind?

Positive Attitude

1. **getting to know the mind**
2. **taking control of life's experiences**
3. **developing self-esteem**
4. **creating one's own reality**
5. **making daily living a positive experience**

TELL ME AND I
FORGET.

TEACH ME AND I
REMEMBER.

INVOLVE ME AND I
LEARN.

- BENJAMIN FRANKLIN

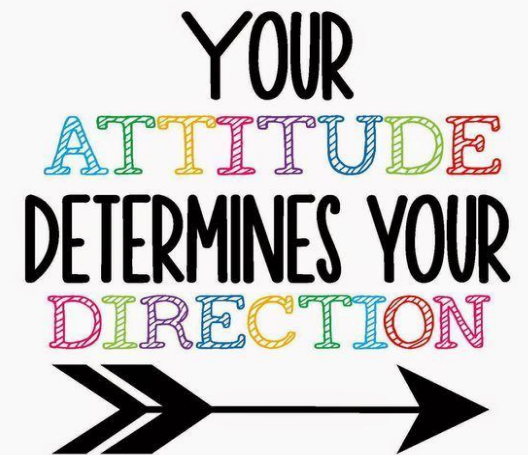


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How can I have a positive thinking?

Practice these simple exercises and suggestions to keep your thoughts on the positive side.

- Only use positive words when talking. ...
- Push out all feelings that aren't positive. ...
- Use words that evoke strength and success. ...
- Practice positive affirmation. ...
- Direct your thoughts. ...
- Believe you will succeed. ...
- Analyze what went wrong.





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How can I get a positive thinking?

Here are seven steps:

- Start the day with positive affirmation.
- Focus on the good things, however small.
- Find humor in bad situations.
- Turn failures into lessons.
- Transform negative self-talk into positive self-talk.
- Focus on the present.
- Find positive friends, mentors and co-workers.



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Experience and Become Aware of Positive/Negative Attitudes

These exercises have developed in order to practically demonstrate the main exercises which are described in the Good Practice Guide for Using Psychodrama Techniques in Educational Activities and Programs for Inmates.

<https://www.youtube.com/watch?v=8gjIPn7v74>



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Positive Thinking: 5 Superb Hacks For A More Positive Attitude

- 1. Write down 3 things you are grateful for**
- 2. Send a “Thank You” note**
- 3. Exercise for 20 minutes**
- 4. Meditate for 15 minute**
- 5. Smile !!!**

<https://www.youtube.com/watch?v=GePTmr4f8DA>

