

WELCOME  
TO YOUR

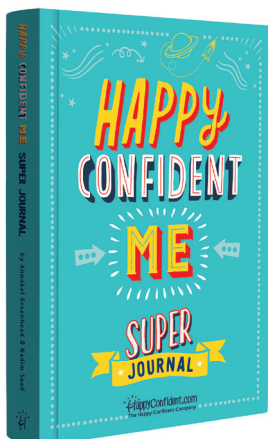


# HAPPY CONFIDENT ACTIVITIES



ENJOY YOUR HAPPY CONFIDENT ACTIVITY SHEETS  
WITH ALL THE FAMILY.

LEARN TO BE CONFIDENT, STRONGER, CALM & HAPPIER.



For more activities visit our website to check  
out our daily journals, online courses and join  
the Happy Confident Club.

 **HappyConfident.com**  
The Happy Confident Company

# POSITIVE THINKING

## THE DIFFERENCES BETWEEN POSITIVE & NEGATIVE THOUGHTS

Positive thoughts are **HELPFUL**, negative thoughts are **UNHELPFUL**.

UNHELPFUL THOUGHTS tend to create **HORROR** feelings ... feeling sad, hopeless, wobbly or angry and frustrated.

But **HELPFUL** thoughts tend to make us feel the opposite...



### UNHELPFUL THOUGHTS

I'm not good at this.

I will never be able to do this.

I'm not good enough.

I'm scared I will make a mistake.

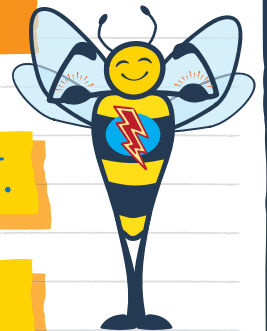
### HELPFUL THOUGHTS

I'm not good at this YET.

If I practice...I'll get better at doing this.

I AM good enough.

If I make a mistake... I'll learn from it.



Helpful thoughts make you feel  
**CONFIDENT, STRONGER, CALM & HAPPIER**

...like anything is possible!

# FAMILY ACTIVITY

Help each other to turn unhelpful thoughts into helpful thoughts throughout the week. Add the examples to the lists as you go. At the end of the week, make time together to talk about this activity and what you've learnt from it.

UNHELPFUL THOUGHTS



HELPFUL THOUGHTS

UNHELPFUL THOUGHTS



HELPFUL THOUGHTS