

How to stay positive

- ★ How important is this really? Is it worth getting upset over? Am I keeping things in perspective?
- ★ What can I learn from this situation so that I don't have to experience it again?
- ★ What is the positive I can take away from this?
- ★ How can I use this situation to grow as a person?
- ★ I can't control other people's behaviour but I can control my own and how I react. How can I control the situation?
- ★ How can I reframe the situation – that is – look at it through another person's eyes?
- ★ What can I do right now to make myself feel more positive?