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All About Positive Thinking and Self Image

What is Positive Thinking?

- Positive thinking is a mentality that focuses on prioritizing the good in situations, expecting favorable outcomes, and maintaining hope in the future.
- Positive thinking does NOT mean fully ignoring more challenging aspects of life, but rather treating them with optimism and an affirmative mindset.



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What does Positive Thinking Mean?

- Fixating on resolutions rather than concentrating on problems
- Accepting challenges as opportunities for growth
- Having confidence in your problem solving capabilities
- Training your gratitude skills and being appreciative of what you do have
- Using Positive Self Talk

What are Examples of Positive Thinking?

- Encountering Difficulties: Instead of saying, *"I can't do this,"* you say, *"This is tough, but I can figure it out."*
- Dealing with Stressful Situations: When overwhelmed, you remind yourself, *"I've been through tough times before; I can handle this too."*
- Being Grateful: Focus on what you do have in your life such as a support system and access to an education, rather than what you may lack

What is Self Image?

- Self Image is the way you view yourself.
- This can include your abilities, physical attributes, personality, and values.
- Self Image is often shaped by our own relationships, life experiences, but most commonly our own personal perceptions of ourselves.

What Does Self - Image mean?

- Self Perception: How you view your weaknesses and strengths

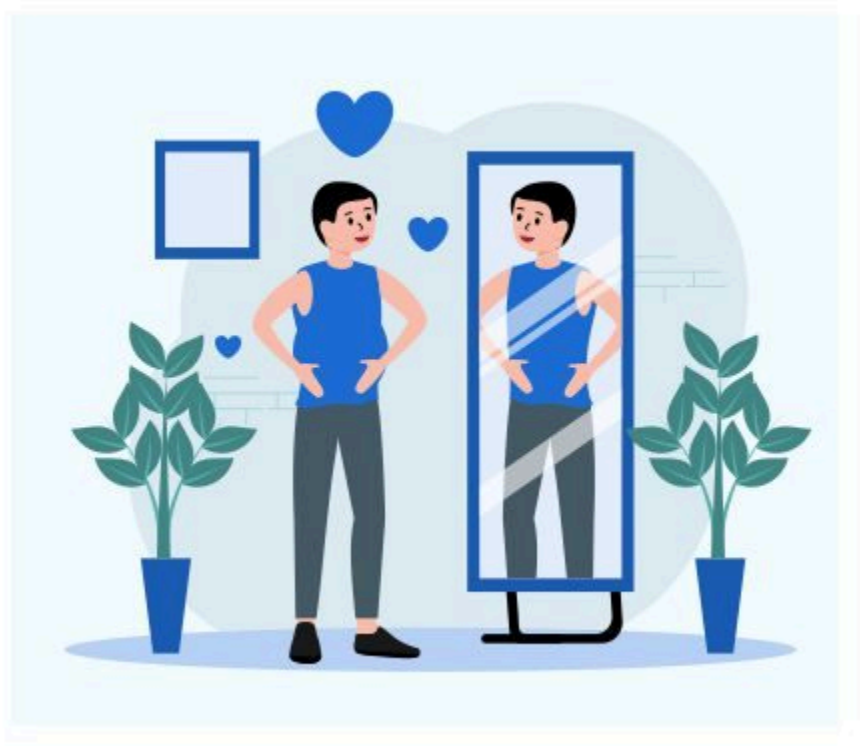
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- Other People's Perception of you: How your self confidence is heavily influenced by others
- A Changing Picture: Our self image is constantly evolving based on life experiences

How can we improve our Self Image and Positive Thinking?

- a) A positive self-image means viewing yourself with *honesty, respect, and kindness*—even on days that feel challenging. It's about accepting who you are, believing that you are worthy of love and respect, and being open to growth without tearing yourself down.
- b) Having a strong self-image *doesn't mean you always feel confident or happy*—it means you're committed to treating yourself with patience and compassion, the way you'd treat a friend.
- c) Just like building strength in your body, building a healthier self-image takes *practice, time, and consistency*. And even strong people need moments to rest and reset.

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Key Elements of a Positive Self-Image:

- Knowing you have value, even when you're still learning or growing
- Replacing negative thoughts with more balanced and encouraging ones
- Being around people who treat you with respect
- Taking care of your physical, emotional, and mental well-being
- Noticing and appreciating what is good in yourself and your life

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Exercise and Daily Practice: “Affirmation Jar” (or Journal)

Purpose:

To strengthen positive thinking and self-belief by practicing affirmations. These will be short, encouraging truths about who you are.

Materials:

- A jar, box, or even a small notebook
- Paper or sticky notes
- Pen or marker

Instructions:

1. Each day, write one positive, honest affirmation about yourself. Try to focus on your strengths, efforts, or personal values.

Examples:

- “I am doing my best, and that matters.”
 - “I’m a kind person who brings joy to others.”
 - “I have overcome hard things, and I keep going.”
2. Fold the paper and place it in your jar (or write it in your notebook).
 3. At the end of the week or whenever you need a boost, read through your affirmations. Let them remind you of your worth and growth.

