

IDENTIFYING POSITIVE AND NEGATIVE THOUGHTS

Thoughts	+	-
I can't do this	<input type="checkbox"/>	<input type="checkbox"/>
Mistakes help me to learn	<input type="checkbox"/>	<input type="checkbox"/>
I can ask for help	<input type="checkbox"/>	<input type="checkbox"/>
I can figure this out	<input type="checkbox"/>	<input type="checkbox"/>
I am not smart enough	<input type="checkbox"/>	<input type="checkbox"/>
I'll keep trying	<input type="checkbox"/>	<input type="checkbox"/>
I can't get anything right	<input type="checkbox"/>	<input type="checkbox"/>
I don't deserve this	<input type="checkbox"/>	<input type="checkbox"/>
I can figure this out with practice	<input type="checkbox"/>	<input type="checkbox"/>
I can always learn and improve	<input type="checkbox"/>	<input type="checkbox"/>

