

# POSITIVE THOUGHTS

I am smart.

I am a hard worker.

I am a good friend.

I am responsible.

I am dependable.

I am funny.

I am brave.

I am good at sports.

I am a great reader.

I am helpful.

I am great at math.

I am respectful.

I am liked.

I am kind.

I am artistic.

# NEGATIVE THOUGHTS

I am stupid.

I never do anything right.

I am terrible at sports.

No one wants to be my friend.

Everything is hard.

I can't draw.

Everyone is mean.

My teacher always yells at me.

I hate math.

My big brother never wants to play with me.

Recess is boring.

I am the worst reader.

I am going to fail school.

I always get yelled at to do my chores at home.

I never do anything fun.