

# How positive are you?

Do you think like them?



I didn't do well in the last group project.

→ I've learned a good lesson of how to cooperate in teams.



My high school sweetheart just broke up with me.

→ I'm glad that we've had a good time together and I've grown to be so mature from this relationship.



My scholarship application got rejected.

→ Failure is the mother of success. I will apply for a different scholarship.



I have a lot of coursework this week.

→ This poses a challenge on my time management skills and self-discipline.

Where do my negative thoughts come from?

I want to be more positive!