

## Positive statements

We all need positive thoughts to help us move forward in life. They can give us energy and confidence and keep us focused.

Being out of work or learning for a while can knock your confidence. It can make you feel less motivated to get on with new things. This is really common.

Over the next few pages you will find four mind maps.

These include:

- Some positive statements. Have a look at them and see which ones you feel apply to you. Don't worry if not many do at first. During the year, and after you have reached some of your goals, you might find that more of them apply to you;
- Some blank spaces. Write your own statements in here. Think about your strengths and about compliments you have received in the past. You might want to do this now, or you could do it later in the year. You can also write about things you have done that you are proud of on page 11.

That I can grow and develop by learning new skills

That I can take small steps forward in my life, even if I am nervous

Positive about the future

I feel...

