POSITIVE THINKING

Strength cards

Calm
Happy
Hardworking
Adventurous

Reliable
Determined
Sensible
Cautious

Helpful
Kind
Talented
Patient

Confident
Motivated
Caring
Forgiving

Cooperative

Coping strategies
BEING POSITIVE

Strength cards (cont...)

- Cheerful
- Loving
- Capable
- Independent
- Sensitive
- Energetic
- Honest
- Enthusiastic
- Positive
- Warm
- Focussed
- Fair
- Humorous
- Dependent
- Resourceful
- Thoughtful

Coping strategies