

HAPPINESS BARRIER: NEGATIVITY

Do you put yourself down to others? List steps to being more positive about your abilities, appearance, life, and self.

Things I Say To Others	Steps To Saying More Positive Things To Others	✓
About Myself	1	
	2	
	3	
	4	
About My Abilities	1	
	2	
	3	
	4	
About My Appearance	1	
	2	
	3	
	4	
About Life	1	
	2	
	3	
	4	
Other	1	
	2	
	3	
	4	
Notes		

HAPPINESS BARRIER: SELF-TALK

What do you say to yourself? List steps to being more positive about your abilities, appearance, life, and self.

Things I Say To Myself	Steps To Saying More Positive Things To Myself	✓
About Myself	1	
	2	
	3	
	4	
About My Abilities	1	
	2	
	3	
	4	
About My Appearance	1	
	2	
	3	
	4	
About Life	1	
	2	
	3	
	4	
Other	1	
	2	
	3	
	4	
Notes		