HAPPINESS BARRIER: NEGATIVITY

 $Do you put yourself down to others ? \textit{List steps to being more positive about your abilities, appearance, if \textit{te}, and \textit{self.} \\$

Things I Say To Others	Steps To Saying More Positive Things To G	Others ✓
About Myself	1	
	2	.1
	3	10
	4	
About My Abilities	1	
	2	
	3	1
	4	ty.
About My Appearance	1	
	2	.1
	3	e e
	4	
About Life	1	11
	2	
	3	· ·
	4	19
Other	1	
	2	p.1
	3	12
	4	11
Notes		'



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HAPPINESS BARRIER: SELF-TALK

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

Things I Say To Myself	Ste	ps To Saying More Positive Things To Myself	√
About Myself	1		
	2		
	3		
	4		
	1		
About My Abilities	2		
	3		
	4		
About My Appearance	1		
	2		
	3		
	4		
About Life	1		
	2		
	3		
	4		
Other .	1		
	2		
	3		
	4		
Notes			



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