

## Positive attitude worksheets PDF: Version 2

- Exercise and meditate to stay positive.
- Go on a vacation, and free your mind from all the negative thoughts.
- Find time for yourself.
- Do something that you love.
- Don't b too harsh on yourself.
- Set realistic goals for yourself.
- Don't compare yourself with others.
- Start practicing gratitude.
- Help and support people around you. It encourages and builds a culture of positivity.
- Surround yourself with the positive and mentally healthy people who encourage you to keep going ahead in your life.
- Do simple deeds of goodness.
- Stay active and don't let the negativity affect you or hinder your mental and physical growth.
- Don't blame yourself or others. Don't keep thinking about the past, what has happened, has happened.
- Accept your mistakes, leran from them, and move on.

