

POSITIVE THINKING

Tips on how to handle negative thoughts and self-doubt:

- Take a moment to recognize that a strong emotion is present
- Observe and name your thoughts without letting them drive your actions
- Take action based on what you feel in your heart rather than old habits
- Forgive yourself, for having bad thoughts, you deserve kindness
- Talk to someone, you might gain a new insight or perspective
- Take a rest, meditate or go for a walk to calm your mind

Negative thought

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Positive thought

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