*Stress Management Training*

*Session Seven*

***Cue Cards - Exercise***

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**The purpose of this exercise is to help you to develop positive thinking habits.**

* I want you to come up with *3 positive (and relevant) statements about yourself.* These statements should be positive, but true, and should be statements that improve your self-confidence and self-esteem. If you are having difficulty with this, think of praise or positive feedback you have received from other people. Think of your strengths, your accomplishments, your values. What are you most proud of about yourself? How do other people describe you? What type of advice do others come to you to seek, and what does this say about you?

*Some examples could be;*

‘I am calm under pressure”

‘I am patient and kind’

‘I am an articulate and clear communicator’

‘I am a straight talker and always true to my word’

‘I am artistic and creative’

‘I’m really good at thinking outside the box’

* The next step is to write these positive statements out on cards and put the cards in various prominent places where you will see them often.
* Now, whenever you see these cards read the statements out loud. This is reinforcing positive thoughts and creating positive habits.