



Train Your Brain Chart - Cognitive

- Train your brain with positive self-talk and mindset skills by strengthening your Green Glory and quieting your Red Rant.
 1. Place this chart somewhere visible.
 2. When you hear your Red Rant put a sticker or check mark on the Red Rant side of the chart to acknowledge that was Red Rant noise.
 3. Think of something positive and put a sticker or check mark on the Green Glory side of the chart. You can use any of the positive words from the Green Glory Brain Exercises.
- When you become more aware of your Red Rant and practice changing to Green Glory, you can train your brain to be more positive and be happier.

Red Rant



Green Glory





Green Glory Positive Brain Exercises

1. I don't know how yet, but I will figure it out.
2. I can do it.
3. I am likeable.
4. I am unique and that's a great thing.
5. I am a good person.
6. I can tell Red Rant to be quiet.
7. I am strong.
8. I can handle whatever happens.
9. I get stronger and more confident every day.
10. I can ask for help because I am worth it.
11. I am lovable.
12. I am ok just the way I am.
13. I deserve to be treated with respect and kindness.
14. I am a good friend.
15. I have friends who love me.
16. I accept others just as they are.
17. I have the right to ask for what I want/need.
18. I have a lot of good talents.
19. I have a right to my feelings.
20. I deserve to be here.
21. I like myself.
22. I am loved.
23. I am safe.
24. I will be ok.
25. I can be a leader.
26. Everything will work out.
27. I am courageous and can push through my fears.
28. I accept my body as it is.
29. I forgive others for their mistakes.
30. I get better and better every day.
31. My words are important.
32. I trust my decisions.
33. I'm not perfect and that is ok.
34. I am fun to be around.
35. I am responsible for my own happiness.
36. I am proud of myself.
37. I deserve to be treated nicely.
38. I help those in need.
39. I believe in myself.
40. I am a good friend.
41. Every problem has an answer.
42. I am brave.
43. I am exactly where I need to be.
44. I can become whatever I want to be.
45. My words are important.
46. I am thankful.
47. I can laugh at myself.
48. What I have to say is important.
49. I am trustworthy - I do what I say I'm going to do.
50. It's OK to change my mind.
51. I am human. I make mistakes. I will learn from them. I am willing to correct them.
52. I accept and love myself.
53. I am helpful.
54. I am important.
55. I work hard.
56. Life is fun.
57. I approve of myself.
58. I am thankful for who I am.
59. I see the good in myself.
60. I support others with love and kindness.
61. I am proud of myself.
62. I am beautiful.
63. I love my family and friends.
64. I believe in my dreams.
65. I have the courage to be myself.
66. I play an important role in the world.
67. I take care of my responsibilities.
68. I like being challenged.
69. I am a winner.
70. I enjoy being happy.
71. I am awesome.
72. I keep my body healthy.
73. I am patient.
74. I reach for the stars.
75. I live ***The 12 Cs***.