

# Thought Challenge

*FLIP IT*

**INSTEAD OF** ✘

**TRY** ✔

"I am so bad at this"



"I want to get better at this"

"It is not good enough"



"I did the best that I could"

"Why is this happening?"



"What can I learn from this?"

"Will I ever find happiness?"



"What am I grateful for right now?"

