



Positive Mindset Programme

The Monkey Mind

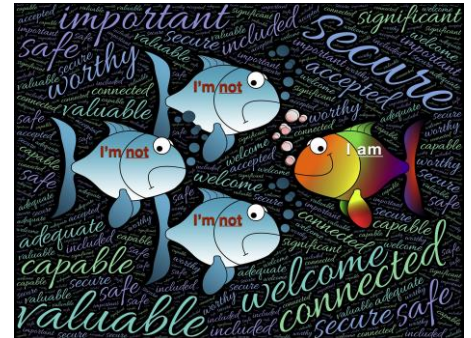


Our minds are like a monkey swinging from tree to tree. They swing from one thought and idea to another all the time.

Our monkey mind likes to make up stories. Sometimes it is so busy jumping around with thoughts we don't notice if the thoughts are real or stories the monkey is making up.

Sometimes our monkey mind makes us think unkind things about ourselves. These thoughts are usually not true.

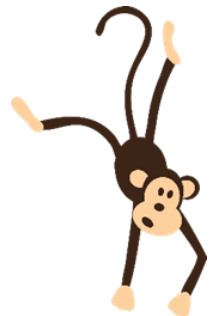
However, because we are thinking them we then look for proof that they're true.



Like a detective we look for clues to explain why we are thinking and feeling as we are.

What does your monkey mind tell you about yourself? List them here-

- 1.
- 2.
- 3.



Here are some ideas...

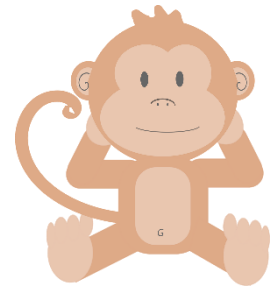
I'm stupid	I'm boring	No one likes me
I'm not good enough	I'm ugly	I'm unlovable

Flip your monkey ideas

When you find yourself in a situation where your monkey mind is saying unkind things about you, notice what it's saying, focus on your breathing for a moment and then flip it. E.g. I am stupid would flip to I am smart.

The good news 😊

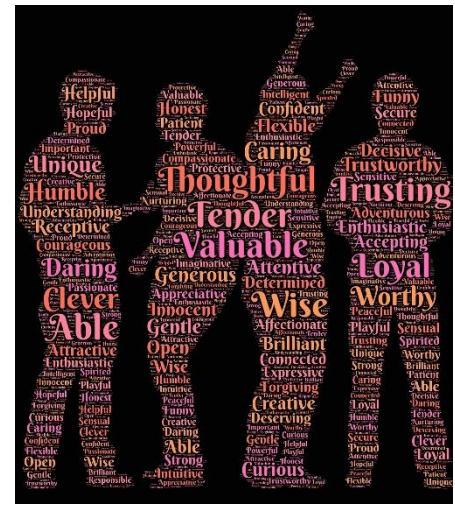
Your monkey mind can be changed to say kind and truthful things about you.



Power Statements

Power statements are the positive things we should be telling ourselves. You need to have three that all start with 'I ...' e.g. I am brave. I am loved. I am amazing. If you struggle to think of some, what would a friend say about you?

1. I am ...
2. I am...
3. I am ...



Say your power statements each morning and night as you brush your teeth.

You can also say them to yourself if you have moments where you feel wobbly about things or need a moment to just stop and breathe.



Remember to get your monkey mind to look for all the clues to confirm your power statements.