

Positive Self-Reinforcement Chart

Characteristics	<i>Personal Examples</i> How	<i>Personal Examples</i> When	<i>Personal Examples</i> With Whom
1. goal-oriented			
2. a positive thinker			
3. confident			
4. resilient (able to overcome adversity or obstacles)			
5. self-disciplined			
6. proud of your work			
7. proud of yourself			
8. proficient (very capable)			
9. able to try new things			