

13

REASONS WHY NOT

Since focusing on negatives can cause feelings of anxiety and depression, train your brain to look at the positive side of things. Instead of thinking about what might go wrong in your life, choose from the list below to reframe your thoughts to focus on 13 Reasons Why NOT to give up!

- List 13 things you are grateful for.
- Think of 13 things that you have to look forward to in the future.
- Write down 13 positives about yourself.
- Identify 13 people in your life that you care about.
- Think of 13 ways you can be kind to others this week.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

YOUR *Life* YOUR Voice

www.yourlifeyourvoice.org