Kind Words and Being Positive

What we say and how we interact with others can have a negative impact on our health. It can cause undue stress and increase the risk of heart disease and other illnesses.

- ✓ Do I complain about things? Am I often negative?
- ✓ Do I say unkind things about others?

You may already know you need to work on this, but put it to the test.

Assess the number of times you say something negative, complain, or speak negatively of others in a 1-2 week period. Record it on the log. Set a goal to change the negative remarks and how you will make the change, including what you will replace the negative words and thoughts with.

NAME:								
Pre Assessment								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Unkind Words								
Complaining								
Total								
Goal:							<u> </u>	
Sunday	Monda	ay Tues	sday W	/ednesday	Thursday	Friday	Saturda	ay