### Worksheet 1

A more positive mindset can be achieved through practice. Believing in oneself and cultivating an optimistic outlook, along with practicing mindfulness, promotes a positive mindset. For an optimistic mindset, it's helpful to think positively; for instance, instead of saying "I can't do this," you can say, "I can't do this yet; I'm working on it." Recognize that things are not inherently positive or negative but become so through our subjective evaluation. In any situation, you can choose whether to focus on the negative or positive aspects.

**Question 1:** Why is it important to believe in oneself and develop an optimistic mindset?

**Question 2:** How can practicing mindfulness contribute to developing a positive mindset?

**Question 3:** What change in mindset could help develop a positive attitude?

**Question 4:** Why is it important to understand that things are not inherently positive or negative?

**Question 5:** Why is it useful to consciously choose whether to focus on the negative or