

Teens - Positive Thoughts

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Positive Thoughts + Affirmations = Positive Actions Facilitator Reproducible Activities for Groups and Individuals. This workbook is for facilitators to help teens become aware of how positive thoughts and affirmations lead to positive actions.

By Ester R.A. Leutenberg and Carol Butler, MS Ed, RN, C This workbook is for facilitators to help teens become aware of how positive thoughts and affirmations lead to positive actions. MOTIVATION FOR TEENS JANUARY January 28, " Do what you can today to make for a better tomorrow." Written in by Kali A., Age 18 New York I picked this quote because I try to live my life like this each day. January 28, " Imagine yourselves 10 years from now. Positive thinking benefits teens greatly. It helps combat negative thoughts and addictive behavior. Learn about the power of positivity at Newport Academy.

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