



Think Like a Ninja

:: Ninjas Don't Complain ::

1. Focus on the positive
2. Pay authentic compliments
3. Catch yo'self when you start to complain
4. Notice when you criticize yourself

Here are some coping strategies when confronted by Negative Nellies:

- *Gossips*: "I'm really striving to have a more positive outlook this month and don't want to breed negative energy."
- *Grumps*: "That must be so frustrating for you. What can you do to improve that situation for yourself?"
- *Guilt-ers*: "Instead of placing blame, let's see how we can best move forward."

What came up for you doing this exercise?

Advanced Ninja Techniques:

- Make a "done" list
- Make a "warm fuzzy" list
- Practice accepting compliments

HEALTHY NINJA SKILLZ

:: Ninjas Are Not Victims ::

Fill in the blanks to complete the phrase. Please listen to the recording for examples.

I SHOULD...

1. _____ because _____
2. _____ because _____
3. _____ because _____

Now, cross out "I should" and write in "If I really wanted to, I could."

For each number (use the phrases above), answer the question, "Why haven't you?"

1. _____
2. _____
3. _____

:: Ninjas Are in Alignment ::

List 5 words that describe how you want to FEEL in your life:

1. _____
2. _____
3. _____
4. _____
5. _____

For each word listed above, list 3 activities that create that feeling for you.

1. _____
2. _____
3. _____
4. _____
5. _____

How can you incorporate more of those activities or events into your life?