

## **BE A BRAIN-CHANGER!**

- 1. Be aware of what you speak and be true to yourself and others. Being true to yourself means being honest to yourself and loving yourself.**
- 2. Work on improving your overall character.**
- 3. Practice being unique and being okay with it. [This means being able to name off personality traits you like about yourself and having thankfulness for what is in you and around you (i.e., who you are, what makes you unique, or what you can do).]**
- 4. Start working on accepting the things you don't like about yourself. That is a true strength!**
- 5. Practice having gratitude, even for simple things.**
- 6. Think positive thoughts and understand you are in control of your thoughts.**
- 7. Work through emotional over and under intensity. Talking through your emotions is a vulnerable action but is a sign of strength.**
- 8. Focus on being aware and mindful in each moment**
- 9. Have positive influences or social supports around you.**
- 10. Consistently be involved in an activity that challenges you.**

