

# Give Your Thoughts a Makeover!

The video "[Overcoming Obstacles](#)" teaches you that obstacles are a part of life and gives you methods to overcome obstacles that you might face. Listeners learned that how you choose to view obstacles is completely within your control. Change your thoughts, and obstacles can become opportunities for success!

## Try This!

Draw an arrow changing each limiting thought on the left into its more empowering version on the right!

### Makeover thoughts like these...

I might make a mistake.

I'm not smart enough.

I might look foolish for trying.

I get really nervous when I try something new.

I'm worried what others think of me.

### Into thoughts like these...

A. I get really excited when I try something new.

B. I can't control what others think of me.

C. I can learn what I need to be successful.

D. Everyone makes mistakes, and I can learn from mine.

E. I will feel stronger if I try.

*Here's one of my own limiting thoughts:*



*Here's my own limiting thought with a makeover:*

# Give Your Thoughts a Makeover!

## *Answer Key*

1. D

2. C

3. E

4. A

5. B