

## Accentuating the Positive

Read the following negative messages. Circle the ones that you've said to yourself sometimes. Then write down at least one counterargument that accentuates the positive.

1. I don't want to do anything when I feel tired or down in the dumps.

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2. I don't know how to get started.

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3. I don't have anyone who will be active with me.

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4. I can't find the time in my busy schedule.

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5. I'm going on vacation.

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6. I'm having a personal crisis.

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7. I just can't remember to exercise.

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8. I'm too sore from the last time.

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9. My family and friends don't support me.

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10. I haven't been feeling well all week.

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11. I'm discouraged because I never seem to reach my activity goals.

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12. I don't like to be active in public because I'm embarrassed by the way I look.

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13. If we've missed the negative message that gets in your way, write it down. How can you replace the negative with a positive?