Motivation Formula

Worksheet: How are you?

Circle all the phrases that describe you.

I am happy. I am good. I am beautiful. I'm a loser.

I'm a winner. I am dumb. I am OK. I am clumsy.

Lam bad. Lam a gossip. Lam boring. Lworry too much.

Lam a mess. Lam cool. Lam successful. Lam graceful.

Lam a failure. Lam lovable. Lam sad. Lam smart.

Lam athletic. Lam nice. Lam mean. Lam a slow learner.

I am a good friend. I am talented. I am a dreamer. I am creative.

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