

## 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.
I am bad.	I am a gossip.	I am boring.	I worry too much.
I am a mess.	I am cool.	I am successful.	I am graceful.
I am a failure.	I am lovable.	I am sad.	I am smart.
I am athletic.	I am nice.	I am mean.	I am a slow learner.
I am a good friend.	I am talented.	I am a dreamer.	I am creative.

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