

Name _____



SELF-ESTEEM Passage

The Power of Positive Thoughts

Every day, you have the opportunity to think positive thoughts. Positive thinking is like planting seeds of confidence in your mind. When you think about what you are good at and focus on your strengths, your self-esteem grows stronger. Sometimes, it's easy to get caught up in negative thoughts, but it's important to remember that you are capable of doing amazing things. Whether you are good at reading, drawing, or solving problems, your abilities are something to be proud of!

Even when things don't go as planned, remember that your worth isn't tied to just one moment or one experience. Life is full of opportunities to try again and keep improving. Keep a positive attitude, and you'll find success in places you didn't expect. The more you believe in yourself, the more you will be able to accomplish, and the more confident you'll feel.

1. What is one benefit of thinking positive thoughts?

- a) You forget about your mistakes.
- b) Your self-esteem grows stronger.
- c) You avoid challenges.
- d) You never make mistakes.

2. Why is it important to believe in yourself?

- a) It makes you believe in others more.
- b) It helps you face challenges and find success.
- c) It makes life easier without effort.

3. According to the passage, how can negative thoughts affect you?

- a) They help you succeed faster.
- b) They can be easily ignored.
- c) They can weaken your self-esteem.
- d) They encourage you to try again.

4. What does the passage suggest you do when things don't go as planned?

- a) Give up and try something else.
- b) Remember that your worth isn't tied to one experience.
- c) Focus only on the negative outcome.