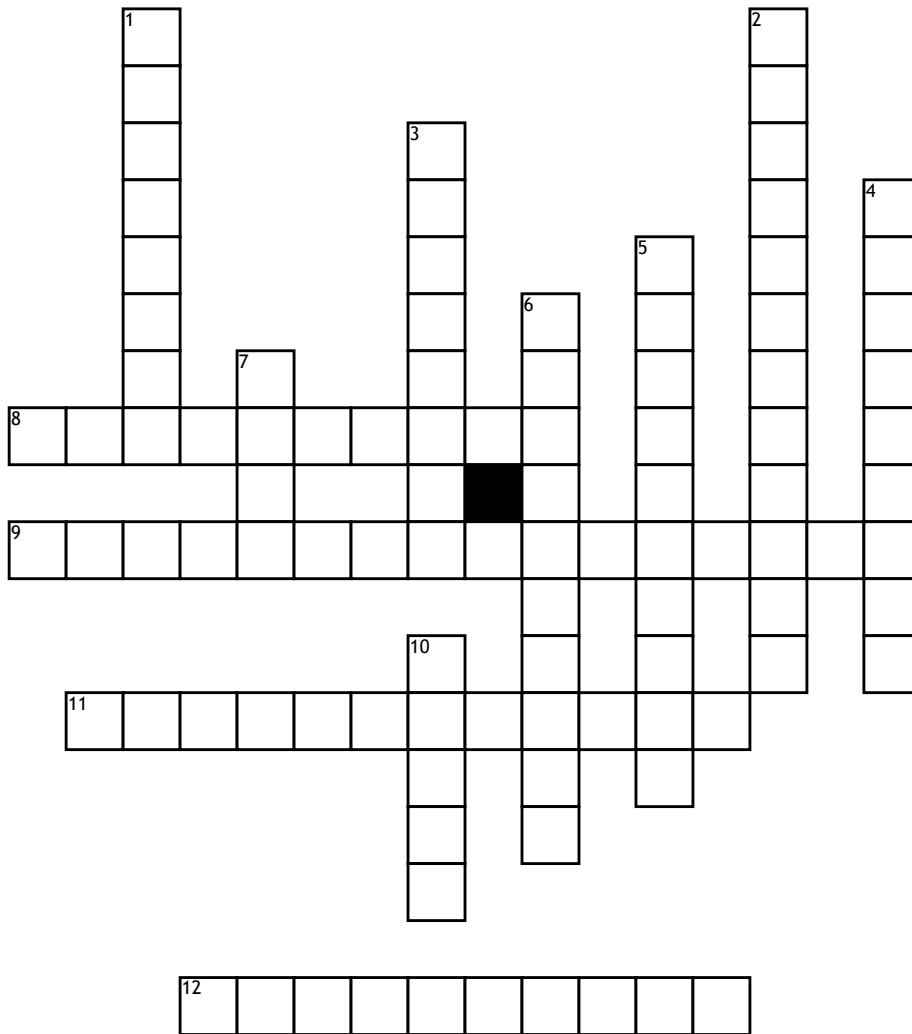


Confident Self



Across

8. Negative thinking is personalization, magnification, catastrophizing, and ?
 9. Your own expectation of what you anticipate to be an outcome is what?
 11. Other's opinions affects you and your ___ as you grow as a person?
 12. It is scientifically proven that you will accomplish more if you surround yourself with_____.

Down

1. The two most _____ words in the human language is "I can>"
 2. _____ are a popular way to combat low self-esteem.
 3. Humans are genetically wired for _____ thoughts 80% of the time.
 4. Can anxiety be _____ if an individual has a positive outlook?
 5. David Allen said, "You can do anything, but not_____."

6. Weakened immune system, prone to illness, and lack of confidence are results of being around _____.
 7. Positive self-talk is used to guide decisions and tackle challenges.
 10. Thinking positively comes fast and easy.

Word Bank

- | | | | |
|--------------|-------------------|------------|--------------|
| Powerful | Decreased | Polarizing | Negativity |
| Expectations | Self-Expectations | Positivity | Affirmations |
| True | False | Negative | Everything |