



Reframe and change what you think is negative to a positive insight/ trait.

Reframing negative traits into positive ones:

Negative Traits

1.

2.

3.

4.

5.

6.

7.

8.

9.

10

Positive Traits – Positive side to the negative trait.

1.

2.

3.

4.

5.

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9.

10.

Now read this daily and observe and look at this from a different angle. See the positive in something that we once thought was a negative.