

Hey everyone, as promised here is the downloadable copy of positve words to replace the negative ones we speak to ourselves. In order to have a better and healthier self-image, incorporate these positive words below in your daily speech.

## Changing Negative words into Positive

**Awful** Delightful

Boring **Exciting** 

Graceful Clumsy

Blessed Depressed

Gross **Awesome** 

Horrible Beautiful

Old Fresh

Nobody Somebody

Lousy Wealthy

Worthless Deserving