

MindCloud



By GenerationTextOnline.com

**Is your glass half empty or half full?**

**Narrator:** Have you ever heard of the expression, Is you glass half empty or half full?

When you look at this picture? What do you see?



**Narrator:** Some people will say they see a glass that is half empty. Other people will say they see a glass that is half full.

**Narrator:** Both people would be correct in their answer. The difference is that each person has a choice in their thinking. In every situation there are positives and negatives. All of us can choose how we see things. We have a choice on what to focus on. In order to see things as good, you have to train your brain.



# MindCloud

By GenerationTextOnline.com



**Directions:** Write the positive things happening in your life right now on the left side and on the right side right the negative things.

Positive/Good

Negative/Bad