**4.3 Putting out there what you want to get back** Date …………………

What is your life all about? Think of 5 good things and 5 bad things in each column.

Then re-phrase the negative comments and write them in the glass half full column. Draw a line through the glass half empty comments.

|  |  |
| --- | --- |
| Glass half empty | Glass half full |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
|  | 1 |
|  | 2 |
|  | 3 |
|  | 4 |
|  | 5 |