



Positive Orientation Statements

Below is a list of the Positive Orientation Statements that you are presented with in the Problem Solving module. Share which resonated with you most and why.

1. Facing life's challenges gets me where I want to go.
2. When I deal with problems effectively I can overcome them.
3. Facing challenges builds character, strength and courage.
4. New challenges present new opportunities to learn and grow.
5. This problem can be solved.
6. There is always a solution, it just might be different to what I expect.
7. Solving problems and facing challenges is empowering.
8. No matter how bad it gets, I will be okay.
9. There is another way to view this problem.
10. Problems are part of what it means to be human.

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