

Positive Vibes Icebreaker

From <https://symondsresearch.com/free-mindfulness-activity/>



50 Examples

1. I am a great listener.
2. I am a very loyal friend.
3. I am a confident person.
4. I like to try new challenges.
5. I am open-minded and love trying new things.
6. I am a generous person who loves giving to others.
7. I am a very self-disciplined person.
8. I am a very loving and caring person.
9. I am not afraid to make mistakes and I learn from them.
10. I always try my best but I am a good loser i.e. do not take things personally.
11. I am good at thinking outside the box.
12. I am great under pressure.
13. I am a great problem solver.
14. I am outgoing and good at starting conversations with others.
15. I am willing to take risks.
16. I love who I am.
17. I always start the day feeling positive.
18. I love meeting new people.
19. I am always laughing and having fun.

20. I am a great communicator.
21. I am a great team player.
22. I am very good at using my own initiative.
23. I am very calm under pressure.
24. I am a good person.
25. I am a good friend.
26. I am dependable and reliable.
27. [I am a great time-keeper.](#)
28. I do voluntary work.
29. I am a carer and give time helping others.
30. I am a patient person.
31. I have positive energy in me.
32. I am always grateful for the small things in life.
33. I am always open to learning new things.
34. I am a funny person.
35. I am hard-working.
36. I am a genuine and authentic person.
37. I am a creative person.
38. I am a critical thinker and try to see things from all perspectives.
39. I am sensible with money.
40. I am an honest person.
41. I am very [accepting of other people](#) who are different from me.
42. I am a good handy-person i.e. good at fixing things.
43. I am trustworthy.
44. I am a very supportive person.
45. I am humble and modest (and do not normally talk about my best traits)
46. I am a very forgiving person.
47. Optimism is my middle name.
48. I am a decisive individual who is good at making decisions.
49. I feel that I am an articulate person.
50. I am an imaginative person with lots of great ideas.



Mindfulness Trainers Package

