

PRACTICING POSITIVE SELF-TALK

PURPOSE

How you talk to yourself has an influence on how you feel and think about yourself. By changing the way you use your inner voice or self-talk, you can begin to see things positively and look for the good in each situation.

INSTRUCTIONS

Below are negative words you might use to describe yourself or that others may have used when talking about you. Circle the words that describe you (you may circle as many as you like). Then cross off any words you circled that you consider to be negative and use the positive words to write new messages about yourself.

Anxious	Confident	Gentle	Hardworking	Helpful
Lazy	Lazy	Messed up	Moody	Popular
Sad	Smart	Smiley	Stubborn	Tough

Write your new positive messages here:

Are there any other words you would use to describe yourself?
