

# POSITIVE SELF-TALK

We all have our own internal dialogue. It's the voice we hear giving us instructions, observing things about our environment or when we're thinking in our head.

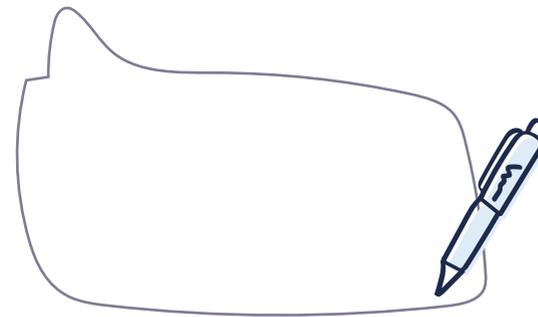
This dialogue is called self-talk. Sometimes this can be positive, or sometimes it can be negative.

If you feel as if your own self-talk is more negative than positive, there are some things you can do to help change it.

By talking to yourself in a positive way and by being your own cheerleader, you can boost your self-esteem and your self-talk.

On the next page are some different statements that you can practice saying to yourself. You can say them out loud, in your head or standing in front of a mirror!

Use the blank speech bubbles to write your own positive statements.



**OTHER PEOPLE CAN SAY WHAT THEY WANT ABOUT ME. I GET TO DECIDE WHAT'S TRUE!**

**I DON'T HAVE TO BE PERFECT. I JUST HAVE TO GIVE IT MY BEST EFFORT.**

**WHAT WOULD I SAY TO A FRIEND THAT WAS FEELING THE SAME WAY?**

**I DON'T NEED TO COMPARE MYSELF TO OTHERS. WE ALL HAVE DIFFERENT STRENGTHS.**

**THERE ARE SOME THINGS THAT I JUST CAN'T DO WELL YET. I CAN CHOOSE TO GET BETTER!**

**I'M GLAD THAT I'M DIFFERENT. I LIKE MYSELF JUST THE WAY THAT I AM.**

**WHAT WOULD THE PEOPLE WHO LOVE ME SAY ABOUT ME?**

