



POSITIVE SELF-TALK

How do you feel today?
Circle or write in your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

Positive Self-Talk Statements:

- I AM ENOUGH
- I AM LOVABLE
- I AM BRAVE
- I CAN DO HARD THINGS
- I WAS MADE FOR THIS CHALLENGE
- ALL OF MY FEELINGS ARE OKAY
- I BELONG
- MISTAKES HELP ME TO LEARN
- I AM IN CHARGE OF HOW I RESPOND
- I AM UNIQUE
- THIS IS TOUGH, BUT SO AM I
- I AM AWESOME!

1. Circle which kind and caring messages you want to remind yourself of.
2. Draw a picture of yourself or something that represents you in the center of the mirror.
3. Say these positive self talk statements out loud.

How do you feel when you use positive self-talk?