


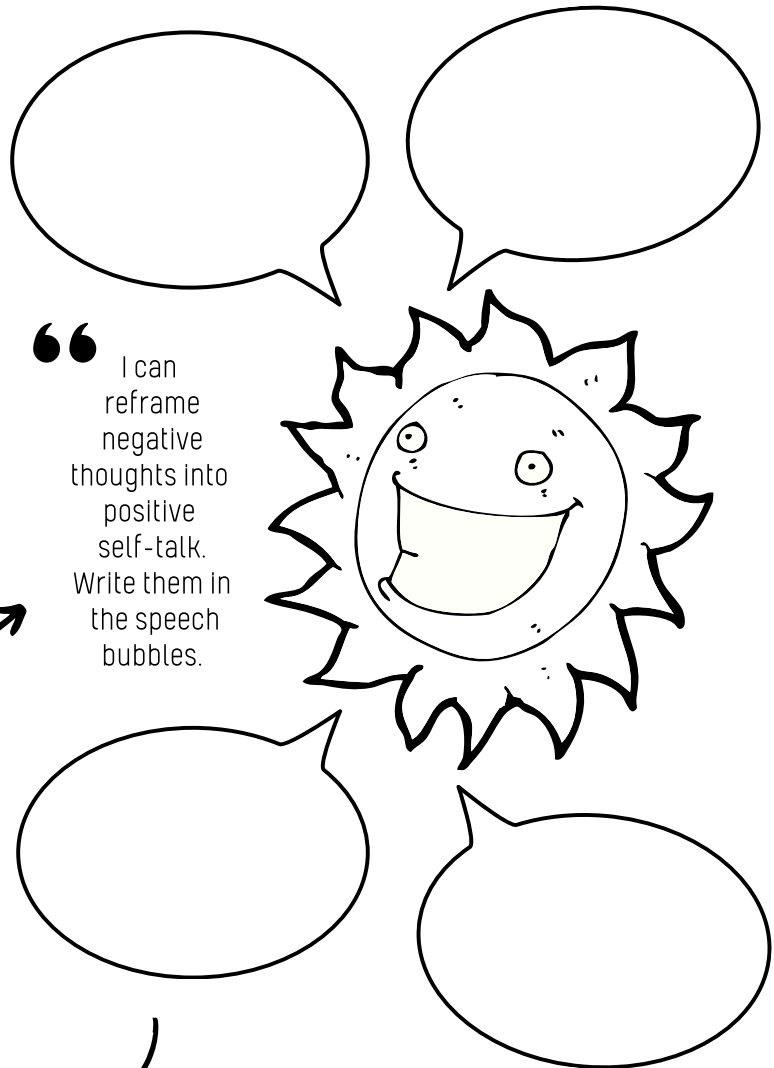
Positive self-talk

Start here →



The negative thoughts I struggle with are ...

- 1.
- 2.
- 3.
- 4.



Tick the statements that you would find helpful to remember:

- I am open and ready to learn.
- It's okay not to know everything.
- I am enough.
- If I stay calm I will be in control.
- I deserve to be loved.
- Every day is a fresh start.
- My challenges help me grow.
- I am free to make my own choices.
- There is no one better to be than myself.
- It is okay to feel this way, it is a normal reaction.
- This is difficult but it will be easier next time.
- I have something to offer to the world.

