

Design your positive self-talk



Changing your self-talk can support you in building your confidence:

Step 1: Write down your current not-so-helpful self-talk in the bottom natural coloured boxes

Step 2: Rephrase the self talk in a way that is supportive, positive and energising. Write your new self-talk in the top green coloured boxes

Step 3: Cross out or put a line through the self-talk in the bottom boxes

Step 4: Use your new self-talk in a way that works for you, you could keep repeating it, or create affirmations

CHANGE YOUR WORDS, CHANGE YOUR WORLD

A worksheet for self-talk design. It features a central illustration of a brown silhouette of a human head in profile, facing left, with a white cloud-like shape inside representing the brain. Surrounding this central image are several horizontal rectangular boxes. At the top, there is a single green box. Below it are two rows of boxes: the first row has a green box on the left and a light brown box on the right; the second row has a light brown box on the left and a green box on the right. This pattern repeats for two more rows. At the bottom, there is a single green box on the left and a light brown box on the right. The boxes are intended for writing self-talk, with green boxes for positive affirmations and light brown boxes for negative self-talk to be crossed out.