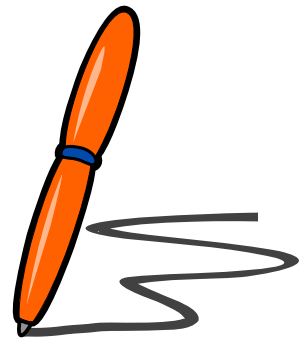


SELF-REFLECTION

Self-Talk



When you reflect upon your own self-talk, it makes it a little easier to cultivate a new habit of using positive and up-beat self-talk.

Use words, draw, or doodle in the space provided to capture your thoughts.

1) How do you feel about your self-talk?

2) Do you believe what you tell yourself about yourself? Explain.

3) Imagine what it would be like if you could create your self-talk to be uplifting or supportive. What choice words and tone of voice would you use?

4) Why does it matter what your self-talk sounds like...both words and tone?