

Positive Self-Talk Worksheet

Positive self-talk is the practice of using kind, encouraging, and optimistic language in your inner dialogue to build confidence and resilience. It involves replacing negative or self-critical thoughts with constructive and empowering ones, helping you navigate challenges with a healthier mindset.

1 Fill in the empty speech bubbles with your own positive affirmations.

"I have the skills and determination to make this happen."

"I may not have it perfect now, but I'm improving every day."

"I choose to focus on what I can control and let go of what I can't."

The Self Talk Solution Pdf

Yan Bai



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