



POSITIVE SELF TALK

POSITIVE SELF TALK is training your 'inner voice' to be positive rather than negative.

Your self talk affects how you think and feel about yourself and the world around you.

Negative self talk can make you feel sad and unmotivated.

Positive self talk can make you feel good about yourself.



HOW TO BREAK NEGATIVE SELF TALK HABITS

Pay attention to what you are saying to yourself.

Put your thoughts into perspective.

Instead of thinking about what went wrong, think about what you could do differently next time.

Identify when you are talking negatively.

Challenge your negative thoughts.

BENEFITS OF POSITIVE SELF TALK

- Positive wellbeing
- More belief in yourself
- More happiness
- Improved health
- Reduced pain
- Less stress

"I try to have an open mind and not put myself down."
Georgia, 12

"If I wouldn't use unkind words with my friends, why is it ok to use them with me?" Isabelle, 22

