

Name \_\_\_\_\_

Date \_\_\_\_\_

# What Are the Voices in My Head Saying?

## Negative Self-Talk

What thoughts stop me from doing my best?

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## Positive Self-Talk

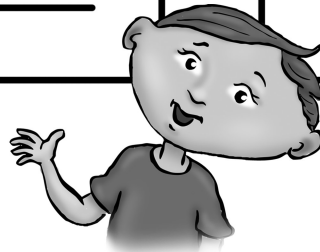
What thoughts keep me going so I can do my best?

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Draw a picture of you using your positive self-talk.

A large, empty rectangular box with a black border, intended for the student to draw a picture of themselves using positive self-talk.