

# POSITIVE SELF-TALK

## OUR SELF-ESTEEM

Self-esteem is how we think, see and feel about ourselves. It isn't just about how we physically look but also how confident we feel about different aspects of our self. But sometimes, we might find it hard to believe in ourselves and feel good enough. That's okay - it's normal to struggle with our self-esteem and this can change at different times in our lives.

Positive self-talk is a method of considering whether there is another way of looking at your situation and negative thoughts. Giving yourself positive self-talk against any negative statements you have been receiving or feeling can help, because the words that you focus on and say to yourself affect your mood and behaviour.

## Positive Self-Talk

Instead of beating yourself up when you make a mistake try:

- I don't need to berate myself like this
- I am trying my best
- I am learning how to do this
- It's okay to make mistakes
- It's okay to be frustrated
- If someone else made this mistake I would forgive them

SelfLoveRainbow

## HOW TO COUNTERACT NEGATIVE SELF-TALK:

- Write down what you are proud of about yourself or what's going well.
- Think about what advice you would give to a friend who is struggling with that negative feelings?
- Remind yourself of times that prove these negative thoughts aren't true.
- Talk to your inner child- what would you say to younger you?

## EXAMPLES:

It's okay to feel this way, it's a normal reaction.

I have survived before, I will survive now.

I feel this way because of my past experiences, but I am safe right now.

I love and forgive myself for any past mistakes.

I am proud of how hard I work.

I am a unique individual and proud to be my own person.

I have many qualities, traits and talents that make me unique.

I belong here as much as anyone else.

I am proud of myself for even daring to try.

I don't need to rush, I can take things slowly.

I love myself for who I am.

I am able to learn from mistakes and overcome challenges.

These are just feelings, they will go away.

Stop, and breathe, I can do this.

I am proud of myself for even daring to try.

I have done this before, and I can do it again.

This will pass.

**What is the negative statement made towards yourself?**

**What positive self-talk statement can you say to yourself?**

**REPEATE YOUR POSITIVE SELF TALK  
AFFIRMATION TO YOUR SELF**

**ON A BLANK PAGE, WRITE YOUR AFFIRMATION IN BUBBLE WRITING  
AND COLOUR AND DECORATE IT LIKE A POSTER TO HANG UP AND  
LOOK AT EACH DAY!**



# GRATITUDE JOURNAL



**What is going well in life:**

1.

2.

3.

**What do I like about my self:**

1.

2.

3.

**Whats going well with others:**

1.

2.

3.

WRITE YOUR GRATTITDE NOTES ON A POST IT AND PUT THEM ON  
YOUR WALL AT HOME!