

Positive Self-talk



When you're thinking about something that's gone wrong, what do you say to yourself? Do you put yourself down? When things are going wrong or something you've tried hasn't worked, try saying something positive to yourself. For example:

I did a great job on the poster.

I'm smart enough to see what I did wrong and to figure out what to do differently.



Even though I don't like to make mistakes, I am willing to try new things.

Professional athletes use positive self-talk all the time to get themselves back on track and back in the game!

