

Negative Self-talk 😞	Positive Self-talk 😊
I've never done it before.	I can learn something new.
It's too hard.	I'll try it a different way
I don't know how.	I'll learn how.
I'm too lazy to get this done.	I'll fit it into my schedule.
There's no way it will work.	I can try to make it work.
It's too different.	Let's take a chance.
No one bothers to tell me.	I'll see if I can talk to someone about this.
I'm not going to get any better at this.	I'll give it another try.

What Can I Say to Myself?

Directions: Take the negative self-talk statements and change them into positive ones!

Instead of...

Try saying...

I'm not good at this.

I'm terrible at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do math.

I made a mistake.

I will never be that smart.

It's good enough.

Plan A didn't work.