

How to Create a Habit of Positive Self-Talk

1.

Become **aware** of your negative “self-talk” and replace negative thoughts with positive ones.

- Use words such as happy, fun, love, friends, and cozy.
- Avoid words such as scared, stressed, angry, lazy, bored, no, never, can't.
- Speak in the present tense, e.g., “I am smart, I am kind, I am happy, I am healthy,”
- When you have a negative thought or feeling, change that feeling by distracting your brain with a new thought.

You can control what you think!



2.

Create a personal affirmation.

Find or create affirmations (intention statements) that speak to you and recite them to yourself every day. Start with a pronoun or noun _____(I, We, My Heart)

Add a verb _____(is, am, love, accept, feel)

Finish the statement with a noun, adverb, adjective or description_____.

Examples:

I love myself as I am. My heart is filled with love. I accept change easily.

Write down 5 positive self-talk statements with your child:

1. _____
2. _____
3. _____
4. _____
5. _____