


Advanced Self-Talk

Positive Thinking

Instead of Thinking...

Try Thinking...

 I can't do it	 I can do it
 Why does this always happen to me ?	 This is just one bad thing
 I always make mistakes	 Mistakes help me learn and improve
 I am not good enough	 I am good enough
 This is impossible	 This will take creativity , time , and hard work
 I want to give up	 When the going gets tough, the tough get going
 I will never be as good as X	 I will try to be the best I can be
 I am never good at trying new things	 I will embrace this challenge to try something new
 I will never get any better	 There is always room for improvement
 It is always my fault	 I won't blame myself for everything
 I will always fail	 I will learn from this failure to help me in the future

