



# ACTIVITY:

## SELF TALK - *A powerful tool*

Our self-talk can either save or destroy our lives, bring freedom or trap us, bring new possibilities or blind us from opportunities.

*"I will talk to myself the same way I talk to the people I love"*

Brene Brown

How do you speak to your closest friends and people you love? \_\_\_\_\_

How do you speak to yourself? \_\_\_\_\_

### TRASH CAN - Delete Negative Thoughts / Talk

What self-talk or thoughts are on replay in your mind at the moment?

If they are positive and helpful, they can be added to your playlist.

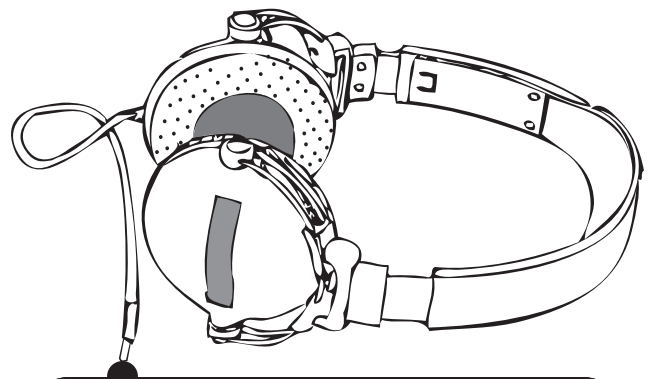
If they are negative or unhelpful, delete them – write them in the trash can. These do not belong in your mind or vocabulary!

Every time they come back, throw them out again.

Do not let them stay on repeat in the playlist of your mind / self-talk.



Do not let these thoughts and messages be on replay!



### YOUR PLAYLIST

= Choose what you listen to about yourself =

Write 10 encouraging and true statements about yourself, or strengths / characteristics you have.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10

Drown out lies. Declare the Truth! Speak Positively.  
Replay these over and over until you believe them.

If you need help to write these statements, ask someone you trust, or think of what you would tell a loved one about themselves.