

Self-Talk

Self-Management, Module 2



AGENDA



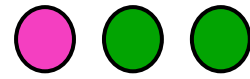
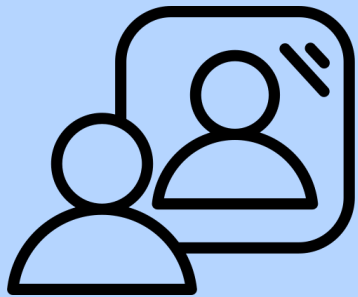
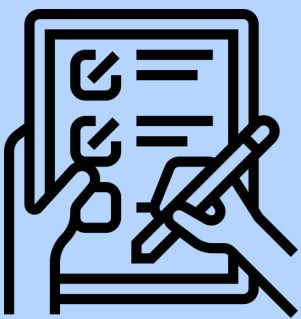
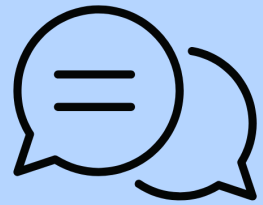
1. Brainstorm things you are really good at.



2. Individually, write something you'd like to be better at, identify an example of negative self-talk associated with that, and positive self-talk to replace it.



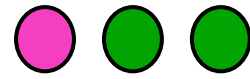
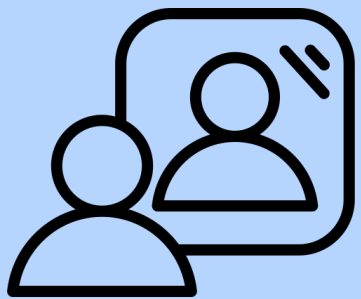
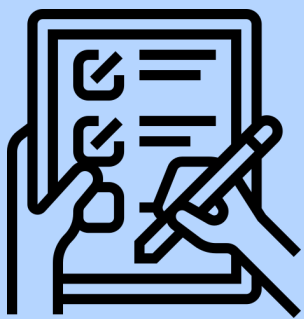
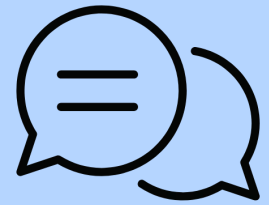
3. Reflect: How do you feel about using the positive self-talk strategy? Can you see how it would be helpful for you?



BRAINSTORM



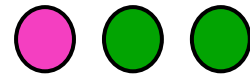
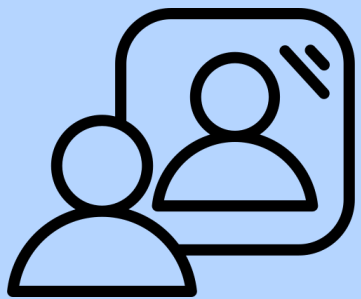
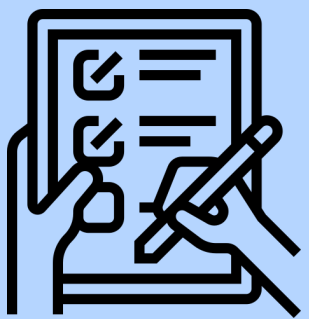
List things you are really good at.



DISCUSS



We've talked about having a growth mindset before and about a strategy we can use to help us achieve success. Can you recall what it was?



DIVE IN



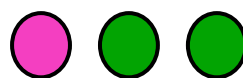
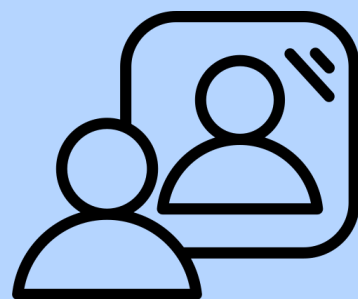
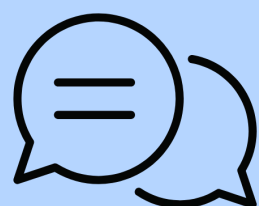
Positive self-talk

Positive self-talk is purposefully replacing negative thoughts about yourself with positive ones that can increase your self-esteem and make you feel good about yourself.

An example of negative self-talk

Optimism and pessimism don't just have to do with how people think about the future. They also impact how people explain things that have happened in the past. When something goes well, an optimist is more apt to analyze and reflect on the situation to determine what they did that made things turn out well in hopes of using that information in the future. When an optimist experiences a setback or a failure, they don't blame themselves. They can recognize that just because something didn't go well doesn't mean that things will never go well.





ACTIVITY



Individually, write something you'd like to be better at, identify an example of negative self-talk associated with that, and positive self-talk to replace it.



Worksheet

Name: _____ Date: _____

Positive Self-Talk

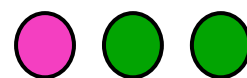
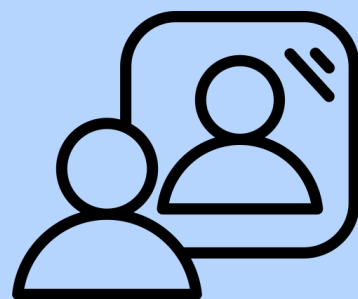
Make a list of things you like about yourself or that you're good at:

Something you're not so great at/area of weakness	What your negative self-talk might say	What your positive self-talk can say instead

Scenario 1: Sam has a reputation for being one of the strongest players on the wrestling team. He's hopeful that he will be selected as captain for the coming season. At tryouts a new student named Marcus impresses everyone with his skill and Sam overheard the coach commenting on Marcus' talent. Suddenly he's not so sure he will be selected as captain anymore.

What examples of positive self-talk can Sam say to himself?

Scenario 2: Aimée wants to compete in the inventor's challenge hosted by a local community business organization. The winner will get a college scholarship and a small cash prize. She thinks she has a great idea but she's never done anything like this before.



REFLECT



How do you feel about using the positive self-talk strategy? Can you see how it would be helpful for you?





Extend & Enrich

Extend and Enrich

Have students role play giving each other positive self-talk.



Home Connection



Home Connection

Self-Talk

Dear _____,

Today in class, we learned that positive **self-talk** is purposefully replacing negative thoughts about yourself with positive ones that can increase your self-esteem and make you feel good about yourself.

Please encourage your student to practice positive self-talk at home and report on how it helps them accomplish goals, improve skills, or build self-esteem.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on something that is an area of weakness or need for you. What would it look like to use positive self-talk as a strategy?





Further Study

- ASCD: *Improving Achievement Through Self-Talk:*
http://www.ascd.org/publications/classroom_leadership/mar2001/Improving_Achievement_Through_Self-Talk.aspx
- Morningside Center: *Self-care: Self talk for Secondary School*
[Self-Care: Self-Talk for Secondary School | Morningside Center for Teaching Social Responsibility](#)
- Positive Psychology: *What is Positive Self-Talk?*
<https://positivepsychology.com/positive-self-talk/>





Lesson Complete!

