



# High School

## 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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