



High School

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.

What examples of positive self-talk can Aimée say to herself?