

# Positive Self-Talk For High Self-Esteem

When we say negative statements to ourselves it often lowers our self-confidence and self-esteem. Positive self-talk helps us to improve our mood, and talk ourselves through difficult situations. Color in all the positive self-talk messages below.

I have some weaknesses but I'm working on them.

I'm having a hard time learning this. I can't do anything right.

I am human. It's okay to make mistakes. I don't have to be perfect.

There's something wrong with me. I always mess things up.

I'm having a hard time learning this, but I'm going to keep trying.

My thoughts and opinions are not worth anything.

I am capable of doing hard things, and overcoming challenges.

I'm not good enough. I'm sure they won't like me.

I am, I can, I will - I am somebody. I can do it. I will do it.

It is ok to be proud of myself and my accomplishments. I worked hard for them.

I know that I have good qualities and I recognize them in myself.

There's no point of even trying. I always lose.

What are some positive things you can say to yourself the next time you feel down, or have negative thoughts?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Talk With Teens About Self And Stress

**B Lingard**



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