

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

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Talk With Teens About Self And Stress:

The Enigmatic Realm of **Talk With Teens About Self And Stress**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Talk With Teens About Self And Stress** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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