

Positive self talk

CHEAT SHEET



Positive self talk

The way you speak to yourself shapes how you feel, what you believe, and how you move through the world. Positive self-talk isn't about ignoring hard things - it's about showing up for yourself with the same kindness, encouragement, and support you'd give to a dear friend. Use this to practice being your own best ally.

**I love
myself
for who I
am**

**I deserve
love and
respect**

**My
feelings
are
important**

**I am in
charge of
my choices**

**I can ask
for help if I
need it**

**I feel
grateful
for what I
have**

**I'm thankful for
my body & what
it does for me**

**It's ok for
me to say
no**

**I am capable
of incredible
things**