

Positive Self-Talk That Doesn't Feel Cheesy

1. Catch the Negative

- Notice when you're being hard on yourself:

- Write down the exact thought:

- Rate how true it feels (1-10):

2. Challenge With Evidence

- List 3 facts that contradict the negative thought:

- Remember past successes in similar situations:

- Consider what you'd tell a friend in the same situation:

Daily Power-Up Practices

Morning Mirror Moment (30 seconds)

- Look in the mirror
- State one specific thing you're good at
- Add "and I'm getting better every day"

Confidence Anchors

- Create a playlist of songs that make you feel strong
- Keep screenshots of positive messages
- Save photos of proud moments

Challenge Champions

- Pick one negative thought to challenge each day
- Share the challenge with a trusted friend
- Celebrate when you catch and correct negative self-talk

Notes:
