



POSITIVE SELF-TALK

SELF-REGULATION SERIES

Our inner dialogue has the ability to guide our thoughts and behaviours. How we talk to ourselves can influence our self-awareness, self-knowledge, self-regulation, and motivation (Oleś et al, 2020). It can help us cope with stressful events and appraise future stressors as challenges rather than threats.

Research by Orvell et al. (2019) suggests that self-talk plays an essential role in our cognitive processes, such as emotion regulation.

In this worksheet, our goal is to make self-talk our ally, so that it can give us the confidence and motivation to push through the day and achieve our goals.

GUIDE

1. Start the day with some **positive self-affirmations**.
These affirmations will give you the confidence to start your day.
2. When something good happens, **praise yourself!**
Give yourself a pat on the back for what you have achieved.
3. **Reframe any negative events** you have experienced through positive self-talk. When you experience negative events, don't let them bring you down. Try looking at those events from a more positive point of view.
4. Find things you are **grateful** for. Research shows that listing the things you are grateful for can lift your mood.
5. End the day with a **compliment** for yourself.
Whether the day went as planned or not, you've made it to the end of the day. Well done!

START YOUR DAY

Start off your day with some positive self affirmations!

Some examples of positive self-affirmation:

1. I am worthy.
2. I am strong.
3. Today will be a good day.
4. My mistakes don't define who I am.
5. I will do a great job at work today.

REMINDER:

Don't forget to praise yourself!

REFRAMING NEGATIVE EVENTS

POSITIVE ASPECTS [+]

If you experience a negative event in the course of the day:

Write down anything positive that came out of the negative event.

Write down anything you are grateful for out of this experience.

POSITIVE SELF-TALK [*]

Write positive self-talk in response to the event.

EXAMPLE:

Context: I got a low score on my math test today.

[+]

I understand the material better now after reflecting on my test score.

[*]

I did my best today.
I can learn from my mistakes and do better on the next test.

LET'S BE GRATEFUL

Being grateful about the little things in your daily life can help lighten up your mood. Write down anything you are grateful for today!

Some examples:

1. I'm grateful I'm able to meet up and have a great time with my friends today.
2. I'm grateful I'm able to eat my favorite food today.
3. I'm glad everything went well at work today.

END THE DAY

End your day with some compliments for yourself! Whether you had a great day or a bad day, you've made it through the whole day! Give yourself a compliment to end your day on a good note.

Some examples:

1. I did great today!
2. I've worked well today!
3. Good job today!

START YOUR DAY

/ /

Positive self affirmation:

[+]

[*]

TODAY, I AM GRATEFUL FOR...

END YOUR DAY

Compliment: