

POSITIVE SELF TALK

WHAT IS SELF-ESTEEM?

- Self-esteem is the confidence in one's own worth, our perception about ourselves. Self-esteem is built by the interaction with people around us, and it can also be affected by messages that enter our mind through what we see, hear or experience, in real life or in the media.
Having a good self-esteem is important because it also expresses itself in our self-respect, how we treat others and how we allow others to treat us.
- How can we remind ourselves every day that we have worth and also work with our self-esteem? ***By using positive self-talk!***
 - Self-talk is the mental dialogue that goes on with each person internally throughout the day.
- Training kids and young adults to use positive self-talk can be extremely beneficial and can be use anywhere and anytime regardless of the circumstances.
- It truly is a life skill, by helping the youth to pick themselves back up after a setback, move forward during a challenge, or even helping to cope with being sheltered at home.
But positive self-talk it's not only for kids or young adults, but adults can also use it.
Every single day, adults go through tons of challenges, some are physical, others can be emotional or mental, so having a positive self-talk or even a phrase that can help them to keep moving forward can be a great help.

ACTIVITY "MY POSITIVE SELFTALK FLOWER"

Directions:

1. **Find Examples and Templates on following pages
2. Come up with examples of positive self-talk together.
3. Focus on at least six that will be personal for each person. (*Remember: not every thought or affirmation works for everyone!)
4. Hand out the "Positive Self-Talk Flower" or come up with your own and write the six affirmations, one per petal.
5. Cut the flower following the corners.
6. Color or paint the flower, however they want.
7. Fold the petals down.
8. Open the flower and read your messages!
9. HAVE FUN!!

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USE THESE POSITIVE AFFIRMATIONS TO COME UP WITH YOUR OWN! IF YOU WANT TO, YOU CAN USE SOME OF THESE TOO!

- I love myself.
- I am enough.
- I am brave.
- Sometimes I need help and that's ok.
- Feeling sad from time-to-time is ok. I'm allowed to feel and be human.
- I don't need to prove my worth to anyone but myself.
- I have the power to make my dreams come true.
- What matters is what I think of me, not what others think of me.
- I can stop, breathe and calm myself.
- I'm working at my own pace.
- I'm good with who I am and I'm proud on who I'm becoming.
- I define who I am.
- I am strong.
- I am worthy of love.
- I forgive myself for my mistakes

