Improving self-talk.

Find examples of positive and negative self-talk. Color positive self-talk green, and negative - red.

I can't do this.	Today I am a leader.	I am smart.	I am not enough.	I can learn.	I forgive myself.
My mistakes make me a bad person.	I can do this.	I am not a good person.	I matter.	Challenges help me grow.	I can get back up.
I can't learn this.	I will learn this if I keep trying.	I am not smart enough.	I am enough.	I am a failure.	I'm done working on it.
I can keep working on it.	I don't matter.	I am a good person.	I will never learn this,	I can learn from my mistakes.	I give up.

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