



Teaching Love

# Positive Self-Talk

Pick 2 phrases to tell yourself from the 101 Positive Things To Say to Myself List:

1

2

Answer these questions with examples from your life:

Something I do well:

I can...:

I am...:

I am proud of...:

YOUR Life YOUR Voice

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)