healthy Self-Talk

THIS	NOT THAT
Whoops. I made a mistake.	I'm so stupid.
I like me.	No one likes me.
I did something bad.	I'm a bad person.
This is really hard, but I'm going to keep trying.	I give up. I'll never be able to do this.
I haven't figured it out...yet.	I never get anything right.
I am enough. And worthy, too.	I'm not good enough.

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Thank You!

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Thank you for downloading this resource!
I love creating tools that invite young people to voice
& shape their authentic, strong, vulnerable & brave selves
and that hopefully make your job easier (and more fun), too!
Please contact me with any questions, requests, or feedback at:
wholeheartedschoolcounseling@gmail.com

Joy to You!

About This Resource

I designed this poster to remind us about the power of words and language. The way we speak to ourselves matters. Sometimes a simple re-framing of our self-talk can make a huge difference in how we perceive ourselves, others, and a situation. It can be the difference between being stuck or being flexible. Between giving up or cultivating grit and resilience. Between low self-esteem or high self-compassion. So talk to yourself like you are your own best friend. Because your spirit/soul/consciousness is listening.

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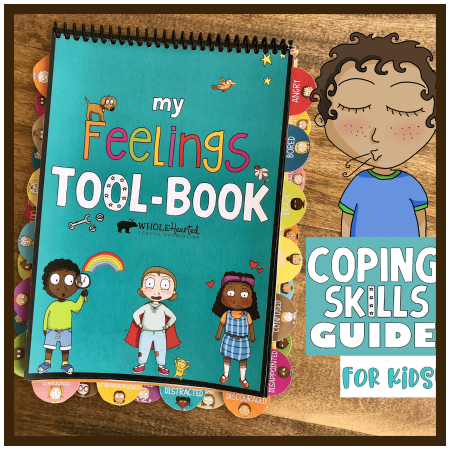

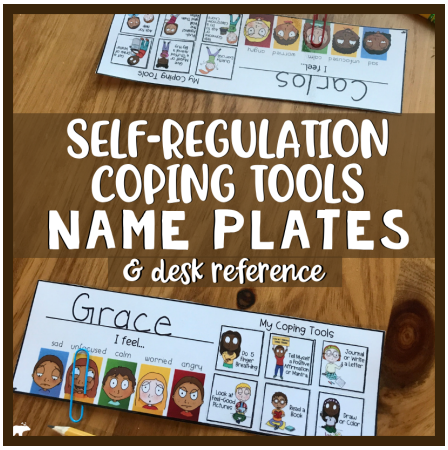

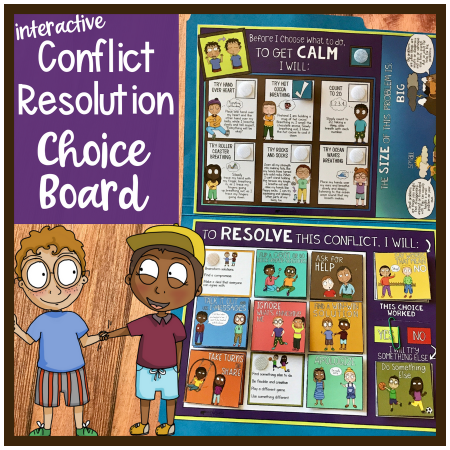

healthy Self-Talk

WHOLE Hearted SCHOOL COUNSELING

THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

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