

Overcome Negative self-talk CHECKLIST

- Write down negative statements** that you say about yourself and challenge each one with three positive statements for each
- Make a personal 'greatest hits'** list of all your life accomplishments so far. Your timeline and reverse gap help to show all that you have accomplish so far
- Learn about others' mistakes** - everyone has experienced failures and learned from them. You can too!
- Seek help** from somebody in your life that you feel safe with
- Do something that helps you feel better about yourself** every single day
- Spend more time** with supportive others, whether for a deep discussion or just for a friendly chat
- Listen to music that makes you feel happy** and gets you to dance

