



Name: _____

Date: _____

Warm-Up

1. Write down as many things as you can think of that went **wrong** today or yesterday.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Write down as many things as you can think of that went **right** today or yesterday.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Activity

Instructions: On the back of the handout, describe at least one good thing in each category and use it as inspiration to write one positive self-talk statement you can say to yourself for each category.

Activity (cont.)

Things I'm good at	Things that went well today	Things I'm grateful for
<i>Positive self-talk statement:</i>	<i>Positive self-talk statement:</i>	<i>Positive self-talk statement:</i>

Wrap-Up

Instructions: Think about one of the things you listed for the Warm-Up that went wrong. In the chart below, describe:

- The situation
- What emotion(s) you felt
- What specific positive self-talk you could have used

The Situation <i>What was the situation?</i>	Emotions <i>How did you feel?</i>	Positive Self-Talk <i>What, specifically, could you have said to yourself that's positive?</i>