

Self-Argument

Okay this may sound crazy, but you're going to have an argument with yourself. Think of something you did recently that disappointed or embarrassed you.

Disappointing/Embarrassing Act: _____

How did you feel when this happened? _____

What did you think or say to yourself? _____

Now, check off all the positive attitude strategies you can use:

- _____ learns and improves through hard work and effort.
- _____ views set-backs as temporary and as learning opportunities.
- _____ gets back up after experiencing failure and tries even harder
- _____ tries a different strategy.
- _____ believes that you have control over how things will turnout
- _____ focuses on past achievements and victories which can release serotonin a feel-good neurotransmitter in the brain.

Practice positive self-talk by writing a positive statement about yourself:

Repeat this statement every time you start to feel doubt or negativity coming on!