



Positive Self Talk

The Goal: The purpose of this exercise is to teach students to control their thinking patterns and view themselves in a positive light.

Materials: Room, circle of chairs, [Indigo Report](#), pencil and paper.

Step 1: Ask students to think of an example of negative self-talk they tell themselves frequently.

Step 2: Pair students up and have them tell their partner something they like about who they are.

Step 3: Have students practice the exercise on their own. In the next session, ask students to share stories about how positive self talk affected their week.

An Example: Instead of a student telling himself “I’m too fat”, we want to reinforce “I’m a great listener, and I make people laugh.”

TIP: Use the [Summary Page](#) in the Indigo Report and look at [Strengths](#) and [Value to a Team](#) to help reinforce positive self talk.

no
negative
thoughts
allowed

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Career: *Empathy; Teamwork.*

Social/Emotional: *Self-Confidence; Positive Attitude; Perseverance; Sense of Belonging; Coping Skills; Results Orientation; Self Motivation / Self Direction.*