



# 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 a time they used negative self-talk.

**Step 2:** Pair students up. Ask each student to share something they like about their partner.

**Step 3:** Then have each student share something they like about themselves. Ask the students to continue practicing positive self-talk throughout the week.

**Step 4:** In the next session, ask students to share stories about how positive self-talk affected their week.



**Example:** Instead of a student telling himself “I’m out-of-shape”, reinforce positive traits like, “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.

**RAMP (ASCA) Mindset & Behaviors addressed and developed:**

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**Career:** Empathy; Teamwork.

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