



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.

**no
negative
thoughts
allowed**

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:

Career: Empathy; Teamwork.

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