

Positive Self-Talk Swap

Reframing your internal monologue



THOUGHT

REPLACE IT WITH

I'm bad at X.

**I can get better at X,
and it will help me grow.**

I hate doing X task.

**Once I finish X task, I can take
a break or reward myself.**

I don't like the way I look.

**I appreciate my body for supporting
and carrying me.**

I don't like myself.

**I love myself and appreciate the
opportunity I have to grow.**