|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Positive Self Talk

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Q | O | G | O | B | L | Z | M | C | O | Y | X | H | N | M | L | H | C | D | R | V | Z | D | E |
| N | K | A | U | U | U | E | V | R | S | M | E | E | L | S | T | U | B | W | U | M | A | C | V |
| G | A | R | K | E | U | N | T | T | L | H | U | M | J | R | T | B | I | R | O | Y | C | I | D |
| X | P | X | O | E | U | O | B | A | L | M | Q | Q | A | L | N | B | F | T | I | A | R | L | R |
| L | O | T | P | W | C | X | C | H | P | B | Y | M | Y | W | U | Y | I | W | S | Z | E | Y | S |
| C | W | Z | C | P | M | G | E | U | M | R | S | Z | D | F | M | V | K | S | T | I | A | E | P |
| O | E | I | U | Z | C | A | F | T | T | U | U | G | V | U | A | F | E | I | Y | O | T | W | O |
| Z | R | T | C | E | P | S | E | R | F | L | E | S | I | T | N | R | O | Z | K | V | I | E | N |
| U | F | Q | M | Q | Z | M | I | T | F | S | I | O | I | A | T | D | N | Y | P | C | V | K | O |
| C | U | J | Y | N | R | I | M | Z | P | Z | Q | O | L | I | N | M | N | G | P | K | E | F | L |
| D | L | B | T | Q | E | L | V | K | A | P | N | V | V | A | C | G | N | R | P | W | V | V | J |
| B | B | P | V | L | S | I | Q | B | N | G | E | E | C | E | F | O | E | B | G | D | W | H | N |
| F | S | Y | G | R | P | S | M | E | Q | D | V | I | B | R | R | F | M | N | K | C | C | Q | C |
| X | N | Q | Z | P | O | C | J | N | M | Z | A | S | S | T | W | B | D | A | E | C | T | E | R |
| S | D | Z | B | Z | N | R | E | G | W | W | T | E | S | K | R | O | W | D | R | A | H | A | Z |
| T | L | X | V | O | S | L | A | S | K | X | S | J | K | D | P | Q | O | V | D | O | V | E | X |
| H | Y | H | Y | Y | I | Z | S | P | P | W | I | V | R | U | Y | W | E | F | T | R | V | F | C |
| E | L | D | C | L | B | F | C | W | R | N | T | T | Y | B | T | F | F | H | M | I | M | N | L |
| A | Z | M | O | A | L | E | G | M | F | O | R | I | O | W | L | A | W | O | T | R | W | K | H |
| Q | V | W | Y | B | E | B | W | A | N | B | U | H | B | S | U | L | B | C | Q | A | F | W | Q |
| R | O | W | L | U | Y | P | S | T | H | G | Q | D | F | Z | U | O | A | O | A | P | B | Y | E |
| E | M | R | Z | M | S | S | Q | S | U | W | K | O | E | B | J | Q | G | A | E | N | S | U | Q |
| N | D | P | O | S | I | T | I | V | E | S | E | L | F | T | A | L | K | O | H | M | J | O | O |
| W | G | J | U | D | N | I | K | O | L | G | N | I | D | N | A | T | S | R | E | D | N | U | X |

   Responsible       Calm       Self Respect       Kind       Team Work       Assertive       Active       Strong       Proud       Hard Work       Powerful       Understanding       Smart       Creative       Motivation       Try       I can do it       Positive Self Talk