|  |  |
| --- | --- |
| 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