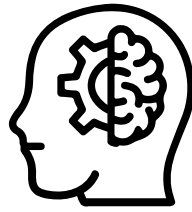


# Positive Self Talk

**positive  
thoughts**



**positive  
results**

## **Mental Factory**

Make a list of Positive Self Talk you can use in softball.

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

[illegible][illegible]

# POSITIVITY LOG

Build a habit of positive thinking so positive thoughts happen automatically. Write 3 positive thoughts every day.

MONDAY

→

TUESDAY

→

WEDNESDAY

→

THURSDAY

→

FRIDAY

→

SATURDAY

→

SUNDAY

→

# Notes

[illegible]