

Positive Self-Talk Reminder Card

Sometimes we are our own worst enemy. Limiting beliefs and negative self-talk gets in the way of us becoming unlimited and achieving our goals. However, you are in control of the narrative. You can break the chain of negative self-talk and empower yourself with positive words. Complete the steps below to write your “Conquer the Critic” card.

Identify the three most common negative thoughts that tend to spiral in your mind: Write the statements in the space below. These are statements that hold you back, make you doubt yourself, or sap your energy. It’s the voice in your head that takes you down a peg.

Examples: I’m not good enough. I’ll never be successful. I always fail at this. I can’t accomplish this.

Negative Thoughts/Statements

Identify a counter-statement for each of the three negative thoughts: Think about the complete opposite of the negative statements you wrote above. Write these positive statements on the back of the “Conquer the Critic” card provided below. If you are having trouble coming up with a counter statement, try using the sample statements provided.

Examples: I am good enough. I am successful. I always succeed. I can do anything.

Positive Counter Statements

Sample Positive Statements

Lack of self-worth – “I am enough.” “I like myself.” “I am amazing.”

Unlucky – “I am always in the right place at the right time.” “Good things are happening for me.”

Negative past/victim – “My past happened for me not to me.” “My past doesn’t define me.”

Self-Doubt – “I can accomplish anything I undertake.” “I am amazing.”



How to Use the Card

Practice Mindful Awareness:

- Cutout the card and carry it with you in your wallet, purse, or pocket to keep it accessible throughout the day.
- Pay attention to your thoughts and feelings. Notice when your inner critic starts to chatter.

Interrupt and Replace:

- When you catch yourself engaging in negative self-talk, refer to the card.
- Follow the instructions on the front.
- Flip the card over and repeat the positive statements to yourself with conviction.

Final Tips:

- Use the card regularly to train your mind to challenge negative thoughts and reinforce more positive beliefs. The more you practice, the more natural this process will become.
- Be patient and kind to yourself. Changing your inner dialogue takes time and practice. Celebrate your progress along the way!

CONQUER THE CRITIC REMINDER CARD

Your thoughts have power. Choose kindness toward yourself.

1. Catch the Critic: Identify the negative thought.
2. Take a deep, calming breath.
3. Read the positive statement on the back of the card.

POSITIVE REPLACEMENT STATEMENT

Your thoughts have power. Choose kindness toward yourself.

