

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

Positive Self Talk
Responsible
Team Work
Powerful
Strong
Calm

Understanding
I can do it
Assertive
Creative
Proud
Kind

Self Respect
Motivation
Hard Work
Active
Smart
Try