



HEY YOU... YOU'RE AMAZING!

You're nice when you talk to your friends,
be nice when you talk to yourself.

| INSTEAD OF SAYING ... | TELL YOURSELF |
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| I made a mistake and looked stupid. | Mistakes are natural and normal. I've dealt with them before and I can deal with them again. |
| I'll never be able to do this. | How can I chunk this into small pieces? |
| I'm never the smartest in the class. | I work hard and I have a lot of strengths. |
| I'll be bad at this. | I don't have to be an expert to give it a try. |
| I'm scared I won't score in the game. | I'm going to focus on my personal best in this game. |
| I hate this assignment. | I'm not going to like every assignment. |
| I don't understand this. | I have the power and resources to find the answers. |
| I never get anything right. | I haven't figured it out yet. |
| I'm just going to fail. | I'm resilient and I can bounce back if I don't find success right away. |
| I'll disappoint everyone if I change my mind. | I can change my mind. People will understand. |