Positive Self Talk

Our self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change.

Positive self talk is one way to boost your self-esteem and increase your confidence.

Saying things to yourself in your head is very powerful. Your body believes this 'self talk'. Saying positive statement over and over can help you develop a new attitude to yourself and to situations. This can help cope with challenges or when you feel worried or nervous.

Think of some positive phrases that you could say to yourself...

You could write your positive self talk phrases down in the speech bubble below, or type them into your phone and look at them if you feel worried or nervous.

I am well prepared

I am confident

I have people that love me

I can do this

I am enough

I am doing really well