

The Power of Positive Self Talk

Name: _____

Date: _____

1. Consistent negative self-talk becomes...

2. We need to become our _____,
not our _____.

3. We have the power to mould our brains and ...

4. Using affirmations is not an overnight solution. It takes _____ and _____.

5. Our beliefs control our _____ and _____.

6. A limiting belief is a belief you hold to be true, but it goes against your _____ and _____.

7. Your goals and dreams are outside of your _____.

8. You can change a limiting belief into an _____ belief using affirmations.

9. Every thought you think and every belief you hold is either holding you back or _____.

Jot down one of your goals or dreams:

What is one limiting belief you have related to this goal?

What affirmation(s) could you say to yourself to turn this limiting belief into an empowering belief?

**You are the captain of
your own ship!**