
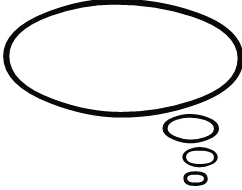




Student: _____



Positive Self-Talk

Goal: I can use positive self-talk.	 I Need A Lot of Help	 Learning	 I Need A Little Help	 I Can Do It!
I can tell _____ examples of negative self-talk.				
I can tell _____ examples of positive self-talk.				
I can know when i have a negative self-talk and tell myself to "stop".				
I can change a negative thought into a positive one.				