



Name: _____

Class: _____ Date: _____

Positive Self-talk

An activity of "There is power in self-talk".

Words have power. What we say to ourselves matters. If our self-talk is positive, it can change our perspective as well as the way we feel. Read "There is power in self-talk" (page 23, *What's Up* August 2026) for examples.

- A. Create your own positive self-talk word bank. From the list below, pick the **positive** phrases and write them in the word bank. Then, come up with some of your own positive phrases.

I can do this. I'm always wrong. No one likes me.

I can learn from this. I'm not good at anything. I can try again.

It's always my fault. I have confidence. I can stay calm. I'm a kind person.

This is too hard for me. I'm going to fail again. I'm clever enough.

My Personal Word Bank		

- B. From the *What's Up* story, we read that NASA astronaut Tracy Caldwell Dyson was nervous about singing with the all-astronaut rock band Max Q. If you were in her situation, what would you say to yourself? You may select from your word bank above and add some phrases that are specific to her situation.

If I were Tracy Caldwell Dyson, I would say to myself, " _____

_____ "