

Overcome Negative self-talk

CHECKLIST

- Write down negative statements** that you say about yourself and challenge each one
- Make a personal 'greatest hits'** list of all your life accomplishments so far
- Learn about other mistakes** - everyone has experienced failures and learned from them
- Seek help** from somebody in your life that you feel safe with
- Do something that you feel better about yourself** every single day
- Spend more time** with supportive others, where for a deep discussion or just a chat