

My Positive Self-Talk Worksheet



Seven short steps to build a kinder, more believable inner voice, ending with a week of practice.

01 Notice what you usually say to yourself

Before you change your self-talk, catch it. Think about the last few days. What did you say to yourself, out loud or in your head, when things went wrong or got busy?

Phrases I often say to myself (the exact words):

1. _____
2. _____
3. _____
4. _____
5. _____

When does my self-talk get harshest? Tick any that fit.

- ☐ When I make a mistake, even a small one
- ☐ First thing in the morning, or late at night
- ☐ When I look in the mirror or get dressed
- ☐ At work, or when I'm being compared with others
- ☐ Before or after seeing people
- ☐ When I'm tired, hungry or run down
- ☐ When I try something new

Overall, how kind is the way I talk to myself?

1 2 3 4 5 6 7 8 9 10

Very harsh

Very kind

02 Turn them into balanced, believable versions

Take each phrase from step 1 and write a version that is kinder but still true. Not 'I'm amazing', but something a fair friend would say. Adding 'and' often helps: 'This is hard, and I'm getting through it.' Then rate how believable the new version feels.

What I usually say	A balanced version I can believe Kind, specific and true	How believable? (1 to 10)

If a new version scored low, how could I make it more believable? (smaller, more specific, or 'I'm learning to...')

03 What would you say to a friend?

You already know how to talk kindly. You do it with people you care about. Collect that voice here so you can borrow it for yourself.

Things I say to a friend or someone I love when they're struggling:

1.

2.

3.

4.

The tone I use with them (for example warm, patient, matter-of-fact):

One of those phrases, rewritten for me:

04 A pep talk for a hard moment

Pick something coming up that you're dreading: a meeting, a hard conversation, a first day. Write yourself a short pep talk using your own name and 'you' instead of 'I', the way a supportive friend would talk to you. It can help you take a step back and see the moment more calmly.

The hard moment coming up:

My pep talk, starting with my name. For example: 'Sam, you're nervous, and that makes sense. You've prepared, and you've handled hard things before.'

A one-line version to say to myself in the moment:

05 Statements I actually believe

Gather the lines from this page that feel true to you, even on a bad day. A short list you believe is worth more than a long one you don't. Keep it where you'll see it.

Kind, true things I can say to myself:

1.

2.

3.

4.

5.

06 A 7-day practice log

Once a day, note one moment when the old voice showed up and what you said to yourself instead. Some days you'll only notice it afterwards, and that still counts.

[illegible]

07 Looking back on the week

Re-rate it. Change is usually small and gradual. A little more kindness than last week is the win.

Now, how kind is the way I talk to myself?

1	2	3	4	5	6	7	8	9	10
Very harsh					Very kind				

Which phrase helped most, and when do I want to use it next week?

When you're done, a moment to reflect

- Which of your usual phrases would you never say to someone you love? Where do you think you picked it up?
- When has a kind word from yourself actually helped, even a little?
- What would change this week if your first reaction to a mistake was 'that's OK, what's next?'
- Which statement on your list feels most true, and why?

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.