

Self-Talk Is Healthy for You



Anna is upset about losing a basketball game.

What can she do?

Anna decides to listen to her favorite music and dance!





Liam is sad about missing karate class because he is sick.

What can he do?

Liam decides to rest and read a book.

Gemma is bored.
What can she do?

Gemma decides to go
outside and play.



There are different ways to motivate your mood.

One way is with self-talk. Self-talk is when you become your own cheerleader in your head and convince yourself to make healthy choices.



Use self-talk to manage your mood and change an “I won’t” mood to an “I will” mood.



If you don't like broccoli, talk yourself into trying it.



“Broccoli is good! Broccoli is great! I will try it!”

You can use self-talk anytime and anywhere you make a choice.



WHEN CAN YOU USE POSITIVE SELF-TALK TO MOTIVATE YOUR MOOD?

Motivate Your Mood

Use this printable to practice positive self-talk while creating a colorful flower garden!

My Growth Garden

Positive self-talk is when you say or think something kind about yourself. Read aloud the self-talk phrases below. Next, color and cut out the flowers. Then, place them in your growth garden on the next page!

I AM BRAVE

MY BODY DESERVES REST!

I CAN DO HARD THINGS!

I AM KIND!

I AM STRONG!

HOW I FEEL IS OK!

I TRUST ME!

MISTAKES ARE HOW I LEARN!

PRACTICE MAKES PROGRESS

I AM A HARD WORKER!

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