

**Reflective Practice:****Name** \_\_\_\_\_

## Being Kind to Ourselves with Positive Self-Talk

- Think about a time when something was really difficult at first, but you became better at it with practice and time. How did you support yourself with positive talk?
- What compassionate things do you say to yourself during challenging times?

**Directions:** Draw yourself doing something that is or was a struggle for you, or during a time when you felt discouraged. In the thought bubble, write positive self-talk you could use to help yourself like you would for a friend.

