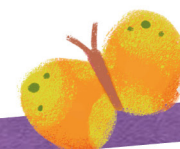


## Self-Compassion

## Positive Self-talk



What are three things you might have said to yourself when you fail or make a mistake?

- 1
- 2
- 3

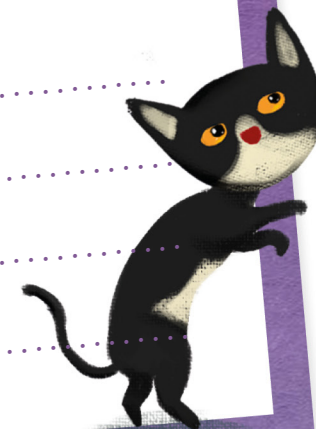
Does saying these things make you feel better or help you reach your goal?

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.....



Now, list three encouraging things you can say to yourself next time this happens:

- 1
- 2
- 3

