

Energised Minds



HOW TO MASTER KIND SELF-TALK ONLINE WORKSHOP!

Activity Sheets

***PLEASE PRINT THE NEXT TWO PAGES*
WE WILL WORK THROUGH THEM DURING THE WORKSHOP.
(BLACK & WHITE PRINTING IS FINE!)**

'Flip The Script' Rephrasing Activity!

This activity will help you turn your limiting beliefs or negative self-talk into something positive and helpful! TIP - imagine your BFF told you one of these things - what would you tell them to make them feel good and believe in themselves more!?

Negative self-talk = Kind self-talk

I'm not good enough. = I am more than enough in every way possible.

I wish I was smaller or leaner. = My body is the perfect shape of me and allows me to do so much.

I'm so weird. = I am unique and one-of-a-kind! That is my superpower and is awesome!

I can't do this, I'm a failure. = I believe in myself and I will keep trying because I can do this!

_____ = _____

_____ = _____

_____ = _____

_____ = _____

'Bye Limiting Beliefs, Hello Affirmations'

Make your own cards!

Now you have a good idea of how to flip the script on negative self-talk to a more positive, kind self-talk approach, you are going to use an example from the previous activity (or a brand new one - it's up to you) to create them as affirmation cards! Try and keep the negative side bland and boring and positive side colourful, bold and bright!

Once you're done, cut them out and stick them on your mirror, glue them to your journal or carry them in your wallet - somewhere close by you can refer to them easily if those negative beliefs start to surface.

Limiting Belief	=	New Affirmation
Limiting Belief	=	New Affirmation

The background of the entire page is decorated with numerous light pink, brain-like shapes of various sizes. In the top right corner, there is a large blue letter 'M' with a cluster of small pink dots below it. In the bottom left corner, there is a pink letter 'W' with a cluster of small blue dots above it.

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THANK YOU
FOR BEING HERE WITH ME!
YOU ARE SO AWESOME!

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