



THINK ... SPEAK ... ACT

HOW I THINK

Strong And Weak Inner Talk Tracks

YOUR NAME _____

EXAMPLES OF STRONG INNER TALK TRACK

1. I'M READY!
2. I'VE GOT THIS.
3. LET'S GO!
4. I'VE DONE IT MILLION TIMES.
5. GO FOR IT!

STEPS TO IMPROVE YOUR INNER VOICE

1. Pay attention to the conversation in your head.
2. Notice that you have both a strong and weak voice.
3. Be aware of negative thoughts and replace them with positive words/phrases.

EXAMPLES OF WEAK INNER TALK TRACK

1. I'M GOING TO MESS UP!
2. I'M GOING TO FAIL.
3. I'M SCARED!
4. I STINK!
5. THEY ARE BETTER THAN ME.

QUICK TIPS

Pay attention and commit to allowing your positive talk track to always have the last word.

Recognize if you are worrying about the past or jumping ahead to the future in your mind. Stop yourself and focus on the present.

HOW I TALK TO MYSELF

EXAMPLES OF THINGS MY STRONG TALK TRACK HAS SAID TO ME

1. _____

2. _____

3. _____

EXAMPLES OF THINGS MY WEAK TALK TRACK HAS SAID TO ME

1. _____

2. _____

3. _____
