Food Safety and Inspection Service

Wellness Training Program

Worksheet Eight: Positive Self-Talk Exercise

Instructions:
Print out this worksheet and then write two or three things you would like to happen in Column One. In Column Two, write your self-talk response to those things. In Column Three, after you have completed step two, write down a thought that is the opposite of the one in Column Two.

Things I Would Like To Happen	My Self-Talk	Opposite My Self-Talk

Compare the columns. Which column is negative and which is positive? If Column Two is more positive than Column Three, you are already on your way to thinking positively. If Column Two is more negative, look at Column Three for a helpful, healthier response.

Practice choosing positive self-talk and you will feel happier, more confident, and less stressed.