/	
7	7
•	

## Take Control of Your Self-Talk

Date / /	

Fear is only a feeling

## Journaling tips

Observer your inner voice throughout the day. Take a moment to document some of those thoughts. How can you change negative self-talk into positive?

Journal some of your thoughts today:	
Are these stories or facts:	
How can you turn the negative into positive self-talk:	
	Pro tip  Try using phrases such as:
	<ul><li>I am confident</li><li>I can do hard things</li></ul>