

## Self-Talk Jar

*The loudest voice and the one you believe the most, is your own.*

Positive self-talk plays a crucial role in shaping your self-concept by influencing how you perceive yourself and interpret your experiences. By consistently using affirming and uplifting language, you reinforce positive beliefs about your abilities, worth, and potential. This, in turn, builds a strong foundation for self-confidence, self-esteem, and a positive self-image.

To create your Self-Talk Jar, first find a jar you like. This could be a Ball jar, an old peanut butter jar or a jar you purchase at a craft store. Cut the following statements into strips and fold up and place in your jar. Feel free to also add your own statements, mantras or affirmations.

Consider starting your day with pulling out a message or perhaps ending your day that way. Or anytime you find yourself in need of some support.

You are enough.

This is hard, but you can do it.

I love you.

I believe in you.

You are truly amazing!

This too shall pass.

You're inspiring someone.

# *Julie* SQUIRES

There's a "microjoy" in this moment.

I am good enough.

I have people that love me.

I've got this.

I can do hard things.

Anything is possible.

Have your own back.

Be kind to yourself in this moment.

Release self-judgment and embrace self-love.

I choose to be happy right now.

Let go of whatever doesn't serve you right now.

I am grateful for everything in my life.

I am proud of who I am becoming.

I am my own BFF.

I made a difference today.

# *Julie* SQUIRES

Everything is figuroutable.

I can let go of things I can't control.

I am safe right now.

I am beautiful and smart.

I can choose what to think about everything.

I can make the best of every situation.

I am love.

Breathe.

It's all going to be ok, I'm doing the best I can.

Life is 50/50, have amazing and half awful. What half is this?

How I feel is always as the result of what I'm thinking.

Self-care is essential for my wellbeing.

What do I really need in this moment?

My thoughts are changeable.

It's not what happens, it's how I respond.

I am a bright light in this world.