

# 3 Sample Positive Self-Talk Scripts

Positive self-talk is a learned skill. It's almost like an acquired taste for a dish. Learn to master positive self-talk by practicing it. It's that simple. Allow the power of your positive words to lift your mood and change your thinking.

My four guidelines for practicing positive self-talk are:

- acknowledge your feelings by not minimizing them
- don't throw any shade or use degrading words
- look yourself in the mirror if possible
- say everything out loud

Here are 3 sample positive self-talk scripts to help you get started. Also, for your convenience, I've included space for you to personalize each script.

## Manage Self-Doubt:

"I know you're feeling down because you think you don't deserve this new contract, position, or \_\_\_\_\_. You deserve it as much as anyone else. Don't worry if you don't have all of the qualifications. They selected you for a reason. You can learn what you don't know. You are enough. You're smart, talented, helpful, and resourceful. You deserve this, and you worked hard for it! I know you will do a great job! You are enough."

## Personalize Self-Doubt Script:

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# 3 Sample Positive Self-Talk Scripts

## Manage Professional Or Personal Rejection:

“It’ll be okay. I promise you, it will. I know you don’t feel like it, but you did your best at that moment. And, even if you really feel like you didn’t do your best, that’s okay too. Use it as motivation to do better next time. You should be proud that you had the courage to try because so many people didn’t even try. You chose to step outside of your comfort zone and try something new. This too shall pass. And, you should do something to celebrate.”

## Personalize Rejection Script:

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## Reflection:

How's it going so far? Did you try a positive self-talk session? It may seem a little weird at first, but don't give up yet. If the first two scripts didn't work well for you, check out the last one. You can even personalize it for your situation and add it to your journal, planner, or calendar to refer to as needed. Remember, I'm in your corner cheering you on as you conquer your obstacles one by one!

Here's your last positive self-talk script to help you manage a broken or failed friendship.

# 3 Sample Positive Self-Talk Scripts

## Manage Failed Friendship:

“I know you can’t believe what she did to you. It’ll take some time. Don’t react, or make decisions now that you’ll regret later. Time and attention can heal a lot of wounds. Just know that you were a great, loyal friend, and you’re one of a kind. Although you can always improve on a few things, now is not the time to go there. You deserve the necessary time and attention to start the healing process. Focus on taking care of you first, then see how you feel later. You are a great, loyal friend who deserves a great, loyal friend in return. Period.”

## Personalize Failed Friendship Script:

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## Reflection:

So what do you think? Did you say everything out loud while looking in the mirror? And, how did you feel afterward? I ask because I want to know if positive self-talk worked for you. And if not, I want to know if you'll try it again later. If you liked it, please email me and ask any questions you may have at [karen@karendoniere.com](mailto:karen@karendoniere.com). I want to celebrate your wins too! I do understand if it's not your thing. Hey, at least you had the courage to try something new. Kudos to you!

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## Reflection Continued:

Here's a place to continue to gather your thoughts about how your positive self-talk exercises went, what you liked about the exercises, what you didn't like about them, and what you would do differently if you tried them again in the near future.

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