

Self-Talk Is Healthy for You



Anna is upset about losing a basketball game.

What can she do?

Anna decides to listen to her favorite music and dance!





Liam is sad about missing karate class because he is sick.

What can he do?

Liam decides to rest and read a book.

Gemma is bored.
What can she do?

Gemma decides to go
outside and play.



**There are different ways
to motivate your mood.**

One way is with self-talk.
Self-talk is when you
become your own
cheerleader in your head
and convince yourself to
make healthy choices.



Use self-talk to manage your mood and change an “I won’t” mood to an “I will” mood.



If you don't like broccoli,
talk yourself into trying it.



“Broccoli is good! Broccoli
is great! I will try it!”

You can use self-talk anytime and anywhere you make a choice.



WHEN CAN YOU USE POSITIVE SELF-TALK TO MOTIVATE YOUR MOOD?

Motivate Your Mood

When you make a choice, tell yourself
“I will.” You can say things like ...

“I will find a healthy snack!”

“I will go to bed on time!”

“I will get up and move!”

Write down three
“I will” statements
that you can do
today!

Name _____

Healthy Choices

Write or draw three choices you will make today.
Think about why you will make those choices.

I will ...

I will ...

...

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