

Positive Self-Talk



D C B C Y L Z S H C K R V F U P N Q D E D X D
S V Z G U E H J Q I X N J O O C U N E R I K U
U D N R X B D W M Y W Q H S N P K O V E F D Z
L D R K I N O I T A M R I F F A F L E S F U R
V B O O T W T O K W E T W G M N J I L V G J F
Q R U C W Z W O V V I V I J F I I U O P P F Y
T J R S N N G U I V L E T F A S V Z P F T A L
X V W E X C I T E D G H N L S H D I P I K E G
N I H P T V A S E Y B J Q E N X U K O H C Q S
Z S B Z V M E F S P G O T S C Y J C S A H Z H
M Y G D R L F M V E A W R R B M H R I Q E J I
G W Q I F U T G W D R A U U Z I V D T B G X P
T I F T B O L H Q U P P A O C N E J I C C S I
S F A W X V Q K I H Q V X Y H D T V V L X L F
A L C O N F I D E N C E J E F S W K E N S M G
K G C T I M E A Q Y K G H V D E A N T G H P B
D G F Y M R L Y V S K I J O W T B J H W Q F P
G N U T P T B M T J W E N L P N P M I M L C G
K M E V H L C D D L I U B G X B H U N H W C Y
I H K Y T G A A K T C D J G V S M S K J L M L
G T V P I G T F V B J H Y Y J L F F I R L P B
M H N D G L N S L D N N P Z H N W V N G H Z O
Y Z Z O B F Q V Y Z N W X X F H I X G T I N T

POSITIVE SELF TALK
MINDSET
HEALTHY THINKING
BUILD CONFIDENCE
LOVE YOURSELF

DEVELOP POSITIVE THINKING
AFFIRMATIVE
SELF AFFIRMATION
EXPRESS IN WORDS