

SUCCESS BEGINS IN THE HEAD



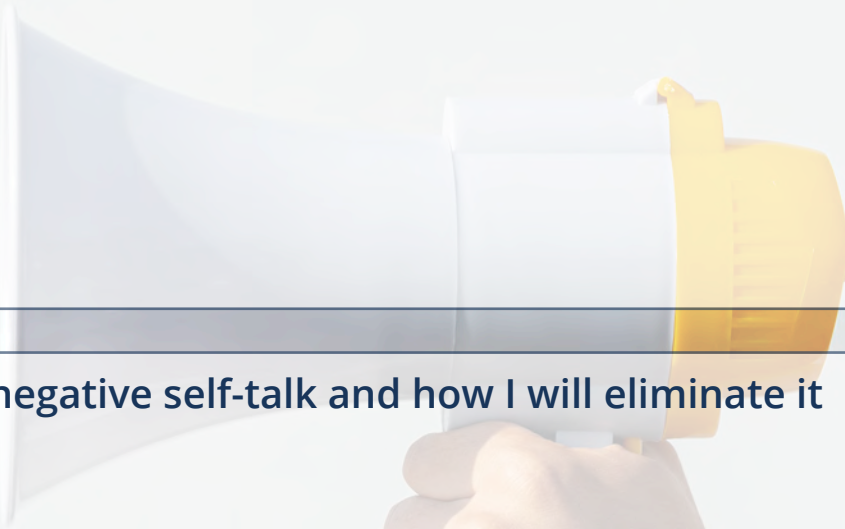
Perkins
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WHAT IS YOUR CURRENT **SELF-TALK?**

Worksheet 2



What I say to myself about myself?



My current negative self-talk and how I will eliminate it



My current positive self-talk and how I will expand it