

No More Negative Self Talk

FIXED MINDSET

I've never done it before.

GROWTH MINDSET

It's an opportunity to learn something new

FIXED MINDSET

It's too complicated

GROWTH MINDSET

I'll tackle it a different way

FIXED MINDSET

I can't get it all done

GROWTH MINDSET

I need to plan and prioritise

Over To You

On the next page is your own matrix to complete. Use this to reframe your negative thinking. what are common statements you might say to yourself and how can you turn them into positive statements?

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Being Aware of Negative Self Talk

Whilst these exercises are designed to reframe your thinking. It is important to understand why we engage in negative self-talk in order to learn to reduce it rather than simply suppressing it. if you would like more information on this topic [please do get in touch](#)