

## Your Self Talk Assessment

Over the next 7 days please track your self-talk by recording how you speak to yourself in your head as well as out aloud.

Notice your language and any labels too.

DAY	YOUR SELF TALK	LABELS / I AM STATEMENTS
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

Day 6		
Day 7		

### IDENTIFY ANY THEMES

What could you say to yourself instead?

What labels do you give yourself that you must **STOP**?