

PRACTICE

Self-Talk Worksheet



What are the situations in training where bad self-talk consistently happens?
Under what circumstances is my self-talk getting away from me?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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What am I telling myself in those situations? What are the things that I am specifically saying?

With each of those pieces of self-talk, we are going to switcheroo the tone with some reframing. The result will be taking the sting out of those moments in training so that we can attend to the business at hand.

My stinky self-talk #1:

But what if I did:

Social proof:

Bite-size the problem:

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Been there, done that:

My stinky self-talk #2:

But what if I did:

Social proof:

Bite-size the problem:

Been there, done that:

My stinky self-talk #3:

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But what if I did:

Social proof:

Bite-size the problem:

Been there, done that:
