MINDFULNESS PRACTICE

Positive Self-Talk

Positive self-talk makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

- Reframe your negative self-talk.
- Re-train your automatic negative thoughts.
- Speak positive affirmations to yourself.
- Spend time with people who build you up...not tear you down.
- Give compliments to others.
- Notice positive qualities about yourself that go deeper than what you look like.
- Look on the bright side of things.
- See the greater good.
- Celebrate your small victories and congratulate yourself on them.
- Take a social media break.
- Unfollow people on social media who don't fill your day with positivity.

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