

# Journal Prompts

## Module 1: Self Talk



Take a moment to write in your journal.

### Reflection 1 - Celebrating Achievements

Identify something you are most proud of – something you achieved in the past. Write down one or two words about how it made you feel.

Some examples:

My basketball team made finals - thrilled, proud

I received my diploma - satisfied, smart

My children - proud, love

I finally got my license - free, excited

### Reflection 2 - Identifying Self-Talk

Think about your self-talk. Write down five examples of your negative self-talk and five examples of your positive self-talk.

