

# Summary

## Module 1: Self Talk

In our first module Self Talk we will investigate strategies and tools to bring more optimism into our lives.

We will explore ways and means of turning a negative inner voice into a positive one. Finally, we will show you how to become your own cheerleader and use optimism to carve out future successes.



Be your own cheerleader! It is often helpful to talk to yourself the way you would talk to a loved one. It's important to treat ourselves with respect and encouragement as we would for others.

Optimistic thinking can be supported through a range of strategies including humour, a healthy lifestyle, connecting with others, and journaling.

For a starting point, check out Brené Brown's TED Talk on vulnerability ([linked here](#)). She is an expert on human connection and vulnerability and very inspiring!