

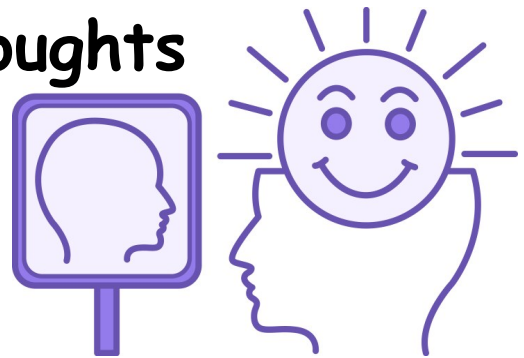
Self-Talk: Flip the Script!

1. **Notice** our inner voice

2. **Decide** if it is positive or negative.



3. **Flip** the negative thoughts into positive ones.



4. **Tell yourself**, "I'm not trying to be 'perfect', but I will get a little better by **NOT** giving up."



*Practice
MAKES
perfect
progress*