

## Professional Practice Support

### POSITIVE SELF-TALK – “I CAN AND I WILL”

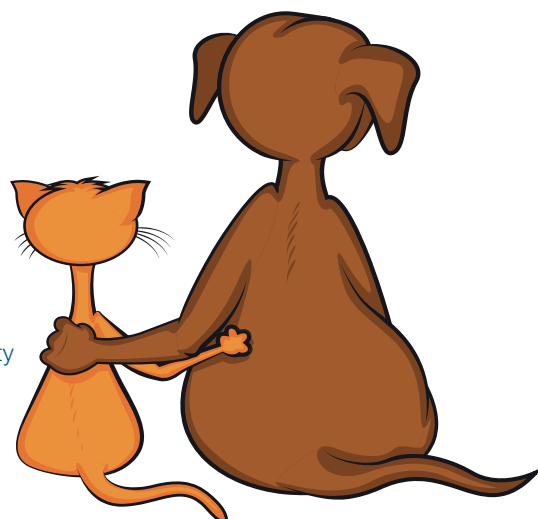
#### Effort

- » Stay focused on maintaining my efforts till I accomplish what I set out to do
- » Keep pushing through, even when I'm struggling
- » Prepare well to give myself positive opportunities to strive, thrive and flourish
- » Never give up, never, never, never
- » Put my head down at home to make myself do my homework
- » Ask for help when I don't understand something
- » Read the question several times to work out how to best answer it
- » Persist with growth mindsets to overcome challenges
- » Accept and see mistakes as positive things to learn from
- » Communicate clearly to explain myself
- » Push hard in my thinking to be flexible in how I approach challenges
- » See setbacks as learning opportunities to grow from
- » Not accept “just good enough” efforts from myself
- » Live by mindset that the harder things become, the harder I try



#### Initiative

- » Try new approaches when my usual ones don't work
- » Apply what I have learned to new situations
- » Make it difficult for me to do the things which distract me
- » Organise my time by designing a Personal Timetable
- » Aim to do several acts of kindness for others every week
- » Create five self-calming strategies when I am upset
- » Write down three good things that happened and I'm happy about every night
- » Look for what is right in what I look at
- » Use assertive language when in difficult situations
- » Create ten positive coping strategies when I feel stressed
- » Thrive on coming up with new ways to improve myself
- » Create ten different ways to ask for help at school, at home and in the community
- » Stand up and lead when I think I need to
- » See when changes are needed and think creatively
- » Seek to understand the consequences of my thoughts, words and actions



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#### Courage

- » Speak up even if I'm frightened
- » Learn from my mistakes
- » Say sorry when I do the wrong thing by someone else
- » Make things right for others I have wronged
- » Come to school even when I don't feel like it
- » Stand up to my friends when they want to do the wrong thing
- » Include other students who get left out of the group
- » Be happy with being me
- » Not hold a grudge when someone does the wrong thing to me
- » Own up when I have done the wrong thing and accept the consequences
- » Smile and be positive when I'm under pressure and nervous
- » Keep on trying even though I may not make it because I never give up
- » Keep offering to help others even if they may not accept it



#### Self-regulation

- » Manage my impulsivity
- » Control my nerves
- » Listen to others with my eyes, my ears and my heart
- » I believe in the person I see in the mirror every morning
- » Say hello to the world every morning with a smiling face
- » Compare myself with me, no one else
- » Stay positive when things aren't going well
- » Not let my emotions intensify because I am in control of me
- » Be aware to send positive messages through my body language
- » Keep my cool when I realise I am becoming angry
- » Use my super powers (character strengths) to ignore distractions in class and at home
- » Keep my promises to others
- » Only say positive things about others and not spread rumours
- » Learn the best ways to stay safe and use them
- » Take responsibility for what I think, say and do

