



# POSITIVE SELF-TALK BRICK TOWERS

Write a goal on each of the bricks at the bottom of the page, then write an example of positive self-talk on each brick above that will help you reach your goal. Next, cut out each of the bricks on this page. Start by taping your goal to some bricks to be the bottom of your tower, then each time you add a section, tape on one of your self-talk statements and practice saying it out loud and give an example of when you might need to use it.

