

RESOURCE

CHEERLEADING CARDS

Sometimes we speak negatively or make negative judgments about ourselves. This is called "negative self-talk." Negative self-talk can stop us from doing things we would like to do or can prevent us from reaching our potential.

Cheerleading cards are a great way to practice positive self-talk. Repeat to yourself the statements written on them when you notice you are having negative thoughts, and practice using them regularly. Try adding your own statements!

I CAN DO THIS

THIS FEELING
WILL PASS

IT WILL BE
OK

