

# Self-Talk Journal

Dihmes & LaPenna, 2021

**SOMETHING I LOVE ABOUT MY LIFE IS...**

**I FEEL STRONG WHEN...**

**I FEEL PROUD OF MYSELF WHEN...**

**I FEEL CONFIDENT WHEN...**

**AN ACCOMPLISHMENT I HAD THIS WEEK WAS...**

**A RECENT LESSON I'VE LEARNED IS...**

**I FEEL BEAUTIFUL WHEN...**