BECOME YOUR OWN KINDNESS FILTER

Without being mindful of negative self-talk, it's tricky to develop a Growth Mindset and improve your sense of self-worth.

Use this resource to start the habit of questioning the little voice inside your head and change the narrative to be focused on the effort and determination you put in to things and the intention behind your actions.

MY NEGATIVE SELF TALK

I CAN REFRAME THIS WITH SELF-COMPASSION AND GROWTH MINDSET THINKING BY CHANGING IT TO: