**M2: A2 Changing Your Self Talk**

|  |  |
| --- | --- |
|  | **Think about something at work that causes you stress (or times when you put yourself down most often). What positive self-talk message can you say to yourself during those times? If you need some ideas, see Step 3 in the lesson.*** **Write the positive message and post it somewhere visible as a reminder.**
* **Also write this positive message in your eJournal. Your homework practice asks you to say this positive message to yourself, every day, especially when you feel under stress.**
 |