



Inner Coach

What is an inner coach?

It is the voice inside you that cheers you on!



When you are **sad** or **FRUSTRATED**,

How do you make yourself feel better?

It's your inner coach!

That little voice uses **positive words** to make you feel better.

The positive words, I can say to myself:

★ I CAN DO THIS!

★ I GOT THIS!

★ YES I CAN!

★ TRY THE BEST I CAN!

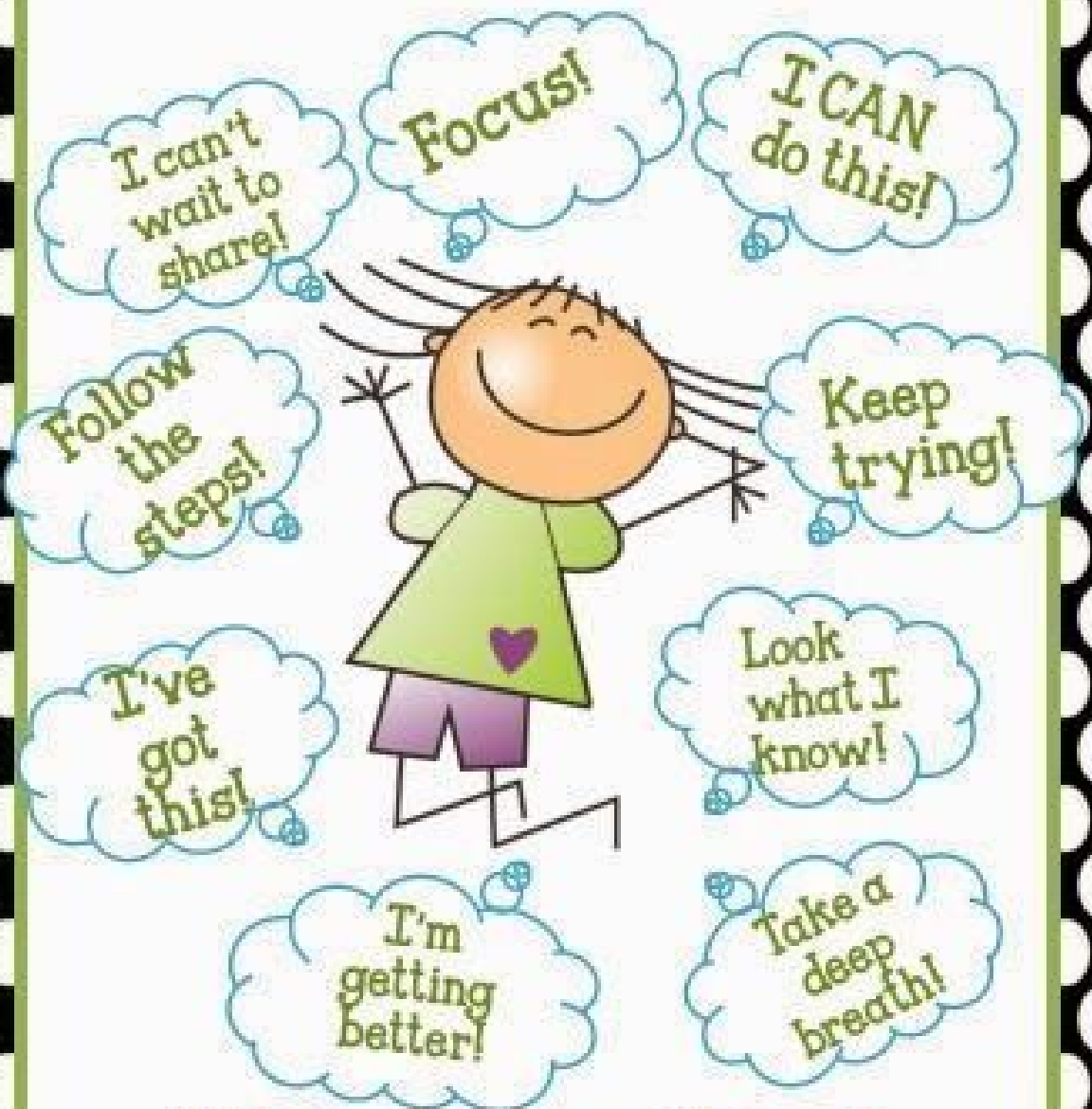
Or my inner coach says _____!

(fill in with a kind, motivating phrase to say to yourself)

Do you feel better now?



Self-Talk



Think Positive!