

Words to Yourself Script

This exercise is called words to yourself. It's especially helpful to replace any unkind words in your mind with kind ones.

To get started Sit mindfully with your spine straight in your body relaxed. You're invited to close your eyes or keep them at a soft gaze and let's take three slow, mindful breaths together to settle in.

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Have you ever felt nervous or stuck about trying something new because you thought "I can't do it?"

Instead of worrying I invite you to close your eyes and imagine someone you love encouraging you.

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Now talk to yourself in the same way.

Use positive words.

Tell yourself it's OK to try many times when doing something new. Think about the kind words you would say to a new friend who needs your help: maybe like you got this, keep going.

Use those same words for yourself.

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Open your eyes and smile at yourself.

You are just fine as you are.

