



Inner Coach

Inner coaches help us use positive self-talk to give us the courage and strength to get through stressful situations.

Difficult times I may need my inner coach are:

Studying for a test, taking a test, homework,
playing a basket ball game, math, spelling,
reading, writing, when you are hurt.

My inner coach reminds me to use strategies to keep myself calm.

To help me get to the Green Zone, my inner coach reminds me to:

Take deep breaths, count to 10,
keep trying, don't give up, think positive,
positive self-talk.

My inner coach also helps to keep positive thoughts in my head so I can be successful.

My inner coach might say to me:

"Don't give up", "Keep trying"
"You can do it" "I know it is hard, keep trying!"

Inner Critic



Inner critics use negative self-talk that get us nowhere. It puts defeating thoughts in my head.

Times my inner critic gets to me:

math, in school, at recess,
when something is difficult, learning
something new. Get things wrong

My inner critic does not help and instead ends up making a situation worse.

My inner critic might say to me:

"Just give up", "Don't even try",
"You can't do it"

I am in control of who I listen to — the inner coach or inner critic.

I can use my inner coach to defeat my inner critic by telling it:

I'm not giving up. I'm going to
pass this goal.