CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Overcoming Negative Self-Talk

Breaking free from negative self-talk fosters self-compassion and confidence. Use this checklist to replace critical thoughts with supportive ones.



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Recognize Negative Patterns

Identify common triggers or situations where self-critical thoughts arise.

EXAMPLE *Feeling unworthy after making a mistake at work.*

2 Challenge Negative Thoughts

Question the accuracy of your inner critic's statements.

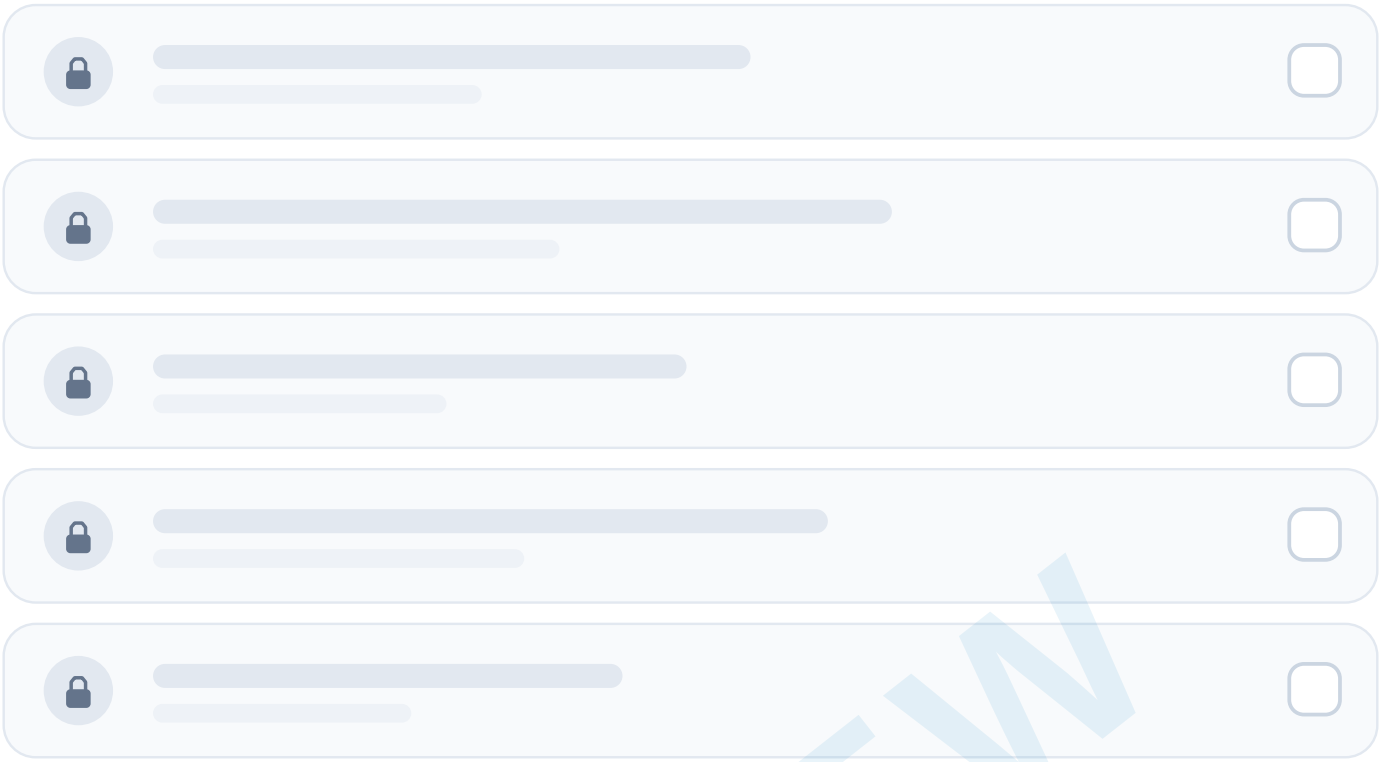
EXAMPLE *Replace "I always fail" with "I made a mistake, but I'm learning."*

3 Reframe with Positivity

Turn negative statements into empowering affirmations.

EXAMPLE *Replace "I'm not good enough" with "I'm growing and improving every day."*

PREVIEW



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PREVIEW