4

Practice Using Positive Self-Talk for Work Success

TRANSITION OBJECTIVE

Students will practice positive self-talk by changing comments and thoughts from negative to positive for work success.

RELEVANCE TO SUCCESSFUL TRANSITION

Three types of communication skills are essential in the work world: Communicating your thoughts and ideas; listening to the thoughts and ideas of others; and communicating positively to yourself.

INSTRUCTIONAL SEQUENCE

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Some positive things I can say to myself are ...

☐ **STEP 2:** Convene Roundtable

"When I talk to myself I ."

☐ **STEP 3**: Advance Organizer

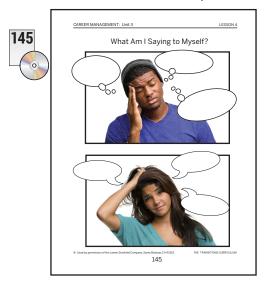
"Today you will practice positive self-talk by changing things you hear and think from negative to positive."

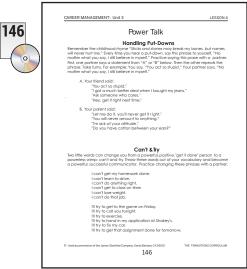
☐ **STEP 4**: Activity - 20 Minutes

Ask students to think for two minutes about the things they have thought or said to themselves so far today. Next, have students look at the pictures on the worksheet **What Am I Saying to Myself?**. In pairs, students fill in the "thought bubbles."

Tell students that we hear negative things about ourselves every day at home, in school and on TV. Explain that people often pay more attention to the negative rather than the positive comments. We can be our own worst critics. If we can't say positive things to ourselves, others probably won't either. Continue to share that it is important to communicate positively in the work world. It is easier to get along with others, advance in your career and be happy with a positive, upbeat communication style. Ask students to share their thoughts about this topic. Have students change each negative statement they have written on the **What Am I Saying**

to Myself worksheet to a positive statement. Have students share this with a partner.





☐ STEP 5: Activity - 25 Minutes

Students discuss several techniques for learning and practicing positive self-talk. Go over the handout **Power Talk** with the class. Have students practice the activities with a partner. After everyone has practiced, ask for a general reaction from the class. Ask the class to encourage partners to think and talk positively to themselves and each other. Tell students that they may need to break old negative habits and tune out the negative comments that they hear each day from adults, TV and the radio.

☐ **STEP 6**: Evaluate Outcomes

I will practice positive self-talk by "_____."

☐ STEP 7: Connecting Activity

Students record the positive and negative thoughts they hear and say to themselves for 24 hours. They then compare the number of negative vs. positive thoughts and comments and give a reason for the difference between the two.

| KEY WORDS | | | | | | |
|-----------|----------|--------|--------|--------|--|--|
| negative | positive | upbeat | critic | future | | |

MATERIALS AND PREPARATION

- Student Handouts: What Am I Saying to Myself?, page 145; Power Talk, page 146.
- Prepare to discuss self-talk.
- Prepare directions for the activity.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Creative Thinking, Visualizing, Reasoning
- Personal Qualities: Self-Esteem, Sociability, Self-Management, Honesty/Integrity