

Name: _____

Date: _____

GOTR Positive Self Talk

H E A L T H Y H S E O O W R O G F
S Y S T R O N G H U X Z D G O K G
E X L M R G M A S F P K X J O B L
G S R C D Q P Q O R A P A E R E Z
N N I O W P Z R R E X C O D P L P
E O G N Y A W C D W Y E T R T I C
L I G F S A L W I O M S O E T E X
L T O I R S D K F P T F G A M V M
A A A D C P N U L L O V E M M E F
H M L E H O P O M C B X T S A E U
C R S N O S L R I I X F H O W L N
W I U T I I I R O T S N E D E B A
Z F C N C T F N I U U T R P S A W
M F J K E I E T M Q D L A M O P L
A A S K S V B Q V Y G W O K M A C
E E J G N E E G A R U O C S E C N
T F A M I L Y L D E S E R V E S E

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|--------------|------------|-----------|-----------|----------|----------|
| affirmations | challenges | solutions | confident | mistakes | positive |
| together | forward | courage | support | awesome | believe |
| choices | deserve | healthy | capable | family | dreams |
| strong | power | girls | goals | proud | happy |
| walk | love | life | team | jog | fun |
| run | | | | | |