

POSITIVE PIGGIES

Positive self-talk is something you can do to build your self-esteem, support you when you are feeling down, or to battle negative thoughts. Capturing positive words, statements, images and colors that lift you up can be a good place to start. Your piggy bank can keep your messages safe until you need them. Follow the directions below to create your very own Positive Piggy. Whatever comes up for you is OK – there is no right or wrong way.

1. Think about times in your life when you can use positive self-talk. Maybe it's before you even start your day or when you hear negative comments from others or even yourself. Or maybe it's when you need a boost of confidence to get through a challenging time.
2. Fill in each coin with positive words, statements, images, colors, and shapes.
3. Decorate your piggy with colors that represent your positivity. You can also add additional words, statements and images if you'd like.
4. Think about how you can use your Positive Piggy for positive self-talk the next time you are faced with a challenge.

