

Positive Self-talk.

The impacts of positive self-talk.

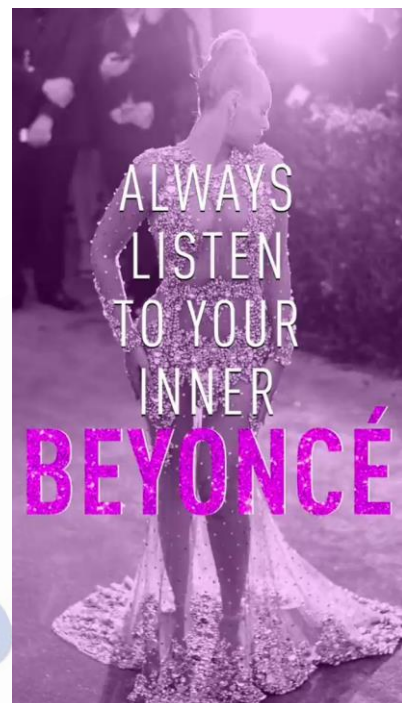
According to clinical and forensic neuropsychologist Judy Ho, PhD, positive self-talk is a term used to describe a person speaking to themselves with compassion and kindness, stemming from the terms of positive psychology. There are many benefits of positive self-talk, especially for children. Some of these benefits are:

Seeing things from a new perspective – When children analyse the world around them, they often see it in black and white, or just good and bad. When they practice self-talk children can take a step back and see a bigger picture with a new perspective. Often seeing things from a wide range of perspectives helps people to see the big picture, especially during hard or trying times.

Better relationships - When we see the good in ourselves, we can see the good in others. Allowing ourselves to be kind and accepting of the things we think, say, and

feel, will in turn, allow us to better understand the people around us. We become more accepting and build empathy. Positive self-talk allows us to

understand our own mental, emotional, and physical well-being, by checking in and reminding ourselves how we want to feel. When growing our own sense of self-worth, we can open up to people more often and build deeper, more connected relationships.



When you have no idea where you're going in life, but you're still enjoying the ride.



Decreased loneliness – As explained above when we have a positive view of ourselves, we form deeper and more meaningful relationships. We can work through conflict better and have an overall more positive view on the people and the world around us. If encouraging positive self-talk in children builds better relationships, it will then in turn, decrease their loneliness. Children will be more connected and feel confident to go out in the world, making new connections with peers and others that they interact with.

Increased confidence – When children feel a positive self-worth, can build meaningful relationships, and don't feel isolated or lonely, they feel confident in their world. They can take on hardship and adversity with a sense of positivity and confidence to be able to handle things. Self-talk plays a big role in a person's confidence.



Even as adults, we know that if we go into a situation (even an easy one), with feelings of insecurity or low resilience, the outcome is never as positive as it would be if we went into it feeling confident and able. Children often face difficult times as they are learning and progressing through their world. It makes sense to equip them with the tools to feel confident in any situation. Or at the very least be able to talk to themselves kindly in these situations. [6 Ways to Practice Positive Self-Talk To Improve Self Esteem | Well+Good \(wellandgood.com\)](#)

“The fear of being different prevents most people from seeking new ways to solve their problems.” Robert T Kiyosaki.

So how do we do it?

To help your child begin to practice the art of positive self-talk, here are a list of strategies to get you started on the pathway.

Customized Affirmations: Tailor positive affirmations to a child's unique strengths, such as "I am capable" or "I learn from challenges."

Routine Integration: Establish a daily affirmation routine during key moments like breakfast or bedtime, instilling consistency in positive self-talk practices.

Goal-Setting Exercises: Involve children in setting achievable goals, emphasizing progress rather than perfection. This fosters a growth mindset and encourages positive internal dialogue.

Parental Modeling: Demonstrate constructive self-talk as a parent, openly navigating setbacks with optimism. Children often learn by example, and your positive approach can influence their own self-perception.

Encourage Reflection: Prompt children to reflect on their accomplishments, reinforcing a positive self-image. Celebrate achievements, no matter how small, to build confidence and resilience.

Reframing Challenges: Teach kids to reframe challenges as opportunities for growth, emphasizing the power of a positive mindset in overcoming obstacles.

Create a Safe Space: Foster an environment where children feel comfortable expressing their thoughts and feelings, promoting open communication about self-perception.

Consistent Reinforcement: Continuously reinforce the importance of positive self-talk, integrating it into daily conversations and activities to make it a natural part of their thought process.

Empowerment through Language: Emphasize the impact of language on mindset, highlighting how choosing positive words can shape a more optimistic and empowered outlook on life.

Celebrate Effort: Shift the focus from outcomes to effort, teaching children that their hard work and determination are worthy of celebration, regardless of the end result.

By incorporating these practices into daily life, parents and educators can contribute to the development of resilient, self-assured children equipped with the tools for positive self-talk and emotional well-being.



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FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.

—WILLIAM ARTHUR WARD—

gratitude box