



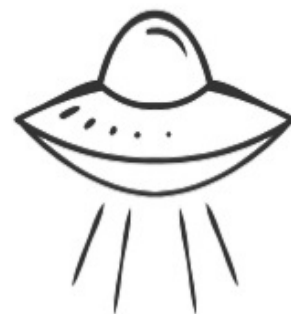
The voice in the back of our minds can be harsh and unkind. The best way to respond to the voice is to practice being kind to ourselves.

In this activity, we'll identify when our internal voice is being hard on us and practice changing that voice to something more positive and nicer.

For instance, your internal voice may say:  
"This thing [maths problem; bike riding; writing a note; etc] is difficult. You are not good at this thing."

You can catch that trigger and tell yourself:

"Everybody finds [maths problem; bike riding; writing a note; etc] difficult at first. It's normal and expected. I just need to [try again; ask for help; slow down; pay more attention] and I'll succeed in no time!"



## ⇒ Kinder Voice Statements ⇐

For this activity write 3 Kinder Voice Statements. At the start of every day, stand in front of the mirror and with your kinder voice, repeat three times, each of your three reframe statements. State them loudly and confidently, looking yourself directly in the eye.

Example kinder voice statement:

"It's ok not to succeed at hard things the first time. Failing is learning, so I get closer to my goal every time I try. I just need to keep trying and I know I'll succeed."

My kinder voice statement 1 \_\_\_\_\_

My kinder voice statement 2 \_\_\_\_\_

My kinder voice statement 3 \_\_\_\_\_