



Owning Your Words

Know: The words you speak to yourself and others will destroy you and them or life you both up.

Do: Take ownership of your words by choosing to speak life-giving words to yourself and others.

CASEL: Responsible decision making, self-management

Negative words create _____ in our minds.

Here are a few quotes from the NFL Film Series “Self-Talk”

(<https://www.youtube.com/watch?v=BRJLfTIPpBE>):

“The way to improve confidence is **positive self talk.”**

Gus Bradley (Jaguars Head Coach)

“Who do you want to be? Do you want to be good or do you want to be great?”

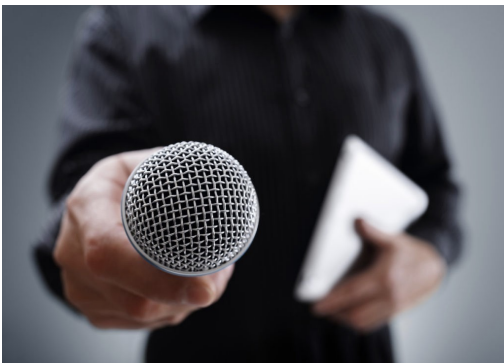
Randall Cobb (Greenbay Packers)

“Let’s show the world what you got, what you can do.” Patrick Peterson (Cardinals)

“You have to keep your *brain* really **full with the right kind of things.”**

Dr. Jeffery Huber (IU)

1. If you were asked by a reporter, “What is a positive statement you say to yourself each day?”, what would you say?



“When we explode on others, we are leaving a mark with our anger.” ~ Coach Seth.



1. Think of someone you have exploded on (write their first name or initials if you want): _____

What do you need to do to make the situation better with this person?

2. Who is someone who says positive things to you? _____

Write down something positive you remember them saying:



Challenge: This week, practice speaking kindly to yourself and those around you. Use the quote you wrote for #1.

Check off the days you say your quote to yourself or others.

- Monday Tuesday Wednesday Thursday
- Friday Saturday Sunday