

If You Never Try, How Can You Win?

1. Some people don't try things because they are scared to. But what would be the worst thing that could happen if you didn't do as well as you would like at:

Learning a new sport? _____

Reading out loud in class? _____

Surfing or rollerblading? _____

Trying a new hairstyle? _____

Introducing yourself to someone new? _____

Learning the piano? _____

2. List some additional activities you could try and give the worst and best things that could happen.

I should try	The worst that could happen	The best that could happen

3. These messages are called "self-talk." Negative self-talk makes you not want to try something new. Write down examples of negative self-talk you have experienced.

a. _____

b. _____

c. _____

d. _____

4. We will work on replacing those negative messages with positive ones. Write the positive messages that could replace the negative ones you wrote in #3.

a. _____

b. _____

c. _____

d. _____