Often children become constrained by their own negative thoughts. These negative thoughts color their perceptions and may ultimately limit what these children are willing to try. Positive self-talk refers to the messages that a child runs through his brain as he is tackling a new or difficult task. These should be short and repeated often enough so that the child feels like they own the message.

Some possible positive self-talk messages include the following:

- If you don’t try, you can’t succeed – if you do try, you have a chance at success or at least at getting better at something.
- I know I can get better at this if I just work at it.
- If I do this, I will get to spend more time with my friends.
- I know I can do better next time if I just try something a little different.
- I know I can do this; it will just take a little work (or a little practice).
- I learned something from this; next time I will try approaching this by…
- I was able to do this yesterday, I bet I can do it again today.