



# Self-talk

## What is self-talk?



Self-talk is the inner voice that arises throughout the day.

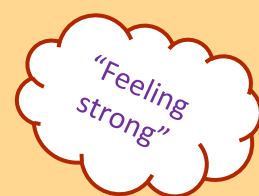
Our self-talk influences our behaviour and therefore impacts performance.

Negative self-talk such as *"I can't do this"* can lead to actions such as giving up.

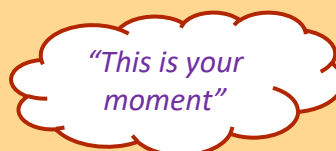
Positive self-talk can guide you towards the goals you are trying to achieve e.g. *"Keep going, you're almost there."*



## Why use self-talk?



Self-talk can be used to enhance performance by improving confidence, motivation, technique, self-worth and how you feel.



## Tips for using self-talk

Practise positive self-talk frequently, whilst training.

Find meaningful statements that work for you.

Focus on what you CAN do.

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