## **Inner Coach**



Inner coaches help us use positive self-talk to give us the courage and strength to get through stressful situations.

Difficult times I may need my inner coach are:
My inner coach reminds me to use strategies to keep myself calm.
To help me get to the Green Zone, my inner coach reminds me to:
My inner coach also helps to keep positive thoughts in my head so I can be successful.
My inner coach might say to me: