

talking heads



penumbra

MY INNER VOICE

We all have an inner voice that at times can make us question ourselves, our abilities, our looks, our qualities, our popularity. Write in this head the things that your inner voice tells you that affect your confidence and your self-esteem.

I WILL TELL MYSELF

Have a different conversation with yourself by challenging your inner voice when it is negative and reminding yourself of your qualities, strengths, skills and values. Write in this head positive messages that you will tell yourself when you have negative thoughts.