



# 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 manage my 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:

---

---

---