

Examples of Positive Self-Talk to Say More Frequently

1. "I can do this"
2. "I'm fully capable of handling this"
3. "I have so much to offer"
4. "I'm getting better each day"
5. "I have so much to be proud of"
6. "I have control over how I react"
7. "I trust myself to succeed"
8. "I deserve to win"
9. "I'm always improving"
10. "I can overcome this"

