



# NEGATIVE SELF-TALK

I've never done it before /  
I don't know how to do it.

It's too complicated / hard /  
I'll mess it up.

➤ Other people can do it better /  
someone else could do it.

I don't have the time /  
resources / experience.

It won't work.

I tried before and didn't  
succeed / it looks stressful.

I'm not good enough.



# POSITIVE SELF-TALK

It's a chance to learn  
something new / I can learn.

I can figure it out / I've  
overcome tougher challenges.

I look on the bright side of  
things / I deserve to win /  
I'm always improving.

I can figure it out / I've  
overcome tougher challenges.

I'll come up with an answer.

I enjoy adapting and growing  
with change.

I trust myself to succeed.

