

EXAMPLES OF POSITIVE SELF-STATEMENTS

- ✓ “This feeling won’t last forever. This feeling will be over in a little while.”
- ✓ I choose to “LIVE.”
- ✓ “Making mistakes is being human.”
- ✓ “Excellence does not require perfection.”
- ✓ “I am letting my feelings drive my actions and beliefs. Not necessary.”
- ✓ “If I try, I can succeed.”
- ✓ “I can ask for help.”
- ✓ “I don’t have to act on this feeling. I can make choices about how I behave.”
- ✓ “The most common way people give up their power is thinking they don’t have any.”

YOUR OWN PERSONAL MANTRA:
