

My inner voice encourages me

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I speak to myself as though I was talking with a close friend. **I choose words that make me calmer, happier, and more successful.**

I talk about my dreams and aspirations. I think about what a meaningful life means to me. I sort out my priorities and what I want to accomplish. I set specific goals and rehearse how to deal with the expected roadblocks.

I manage my emotions. I distinguish between feelings and facts. **I accept my emotions while making decisions that promote my wellbeing.** I tell myself that it is okay to be fearful or angry as long as I behave responsibly.

I provide helpful instructions. I guide myself through complicated projects by breaking them down into smaller steps.

I empathize with my struggles. **I treat myself with compassion and respect.**

I give myself sincere compliments. I notice my most attractive features and look for

ways to enhance them. I evaluate my performance and pay attention to my victories as well as the areas where I need to grow.

I offer myself constructive feedback. **I express appreciation for my efforts.** I raise my awareness of the positive changes I would like to make in my personal and professional life.

I cheer myself up. I give myself a pep talk when I am feeling blue. I list the things I am grateful for, including my family and friends.

Today, I listen to my inner voice. I use my self-talk to motivate and support me.

Self-Reflection Questions:

1. How does my self-talk affect my confidence?
2. What kind of messages do I typically give myself when I make a mistake?
3. What is my inner voice telling me at this moment?