

My self-talk promotes confidence and courage

My self-talk promotes confidence and courage.

The closest person to me is me. I know my strengths and uncertainties. When I talk to myself, I use words that uplift me and build my strength.

I relish in telling myself that I am a winner.

It gives me a dose of encouragement for those situations where I am unsure of my ability to conquer.

Going for job interviews is intimidating, but when I remind myself that I am good enough, I lose all inhibitions and am able to sell myself as the ideal candidate.

Although starting a new relationship is sometimes unnerving, I avoid feeling inadequate. I dig deep into my soul and identify the things of true beauty there.

I believe that anyone I date is lucky to be selected by me because I am a symbol of inner beauty. Showing myself as an honest and caring person is enough to prove my worth. I close the door on anyone who overlooks those traits in search of outer beauty.

When I tell myself something positive for long enough, I end up believing it. **Although I sometimes lack the proof of my ability, I move forward in faith.** I know that I am able to develop whatever skills I desire.

Today, my self-talk is uplifting and empowering. My emphasis each day is to strengthen my spirit so that I remain willing to take on challenges. Anything in life is attainable when I believe in myself.

Self-Reflection Questions:

1. What do I tell myself when I am feeling discouraged?
2. How effective are meditation and deep breathing when I feel nervous?
3. When do I most need courage?