

POSITIVE SELF-TALK STATEMENTS

"That's not like meI'm usually more"

"Up until nowFrom now on"

Kaizen "Little by little, bit by bit, I'm improving every day"

Notice even small improvements and keep trying to improve little by little every day

Breathe, Picture, Focus

"Take a slow deep breath, picture myself in my power/safe place and focus on the what I need to do".

POSITIVE ENCOURAGEMENT STATEMENTS

"Knowing you, you'll be able to figure it out."

"Knowing you, I am sure you will do fine."

"I know I can count on you to"

"That's not like you.....you're usually more/less....."