

"IF YOU BELIEVE IN YOURSELF, ANYTHING IS POSSIBLE."

Here Are Some Common Negative Thoughts And Prompts To Use To Shift Your Thinking Around for more confidence & self belief:

**Thought: I Can't Do This.**

*Prompt:* List your achievements to date, go all the way back to school and keep listing.

*Prompt:* Write down a time that you were convinced you couldn't do something but then achieved it? How did it feel?

*Prompt:* What's the bravest thing you've ever done?

**Thought: I Don't Know Enough/I'm an impostor.**

*Prompt:* List the evidence/reasons you DO know enough. Hours spent, training undertaken, life experience.

*Prompt:* List things you WILL do to make sure you feel you know enough.

**Thought: I Don't Like The Way I Look So Don't Want To Get Visible.**

*Prompt:* What are you grateful for about your body

*Prompt:* List the things you do like about the way you look

*Prompt:* What do people compliment me on?

**Thought: I'm Not Good Enough.**

*Prompt:* What are you grateful for about your personality

*Prompt:* What's the best compliment you've ever had?

*Prompt:* How would your best friend describe you?

*Prompt:* Who makes you feel good about yourself?

**Thought: What If I Fail?**

*Prompt:* List all the things that will happen and come into your life if you DON'T fail!

*Prompt:* Write down the worst case scenario if it doesn't work out, and brainstorm ways you could avoid it happening in the first place.

*Bonus Prompt:* Create yourself a positive affirmation, in YOUR language, and write it out daily.

