

The Self-Confidence hack

The only place self-confidence comes from is the things we tell ourselves.

Accept the negative self talk > take 3 Belly **Breaths** > **Change** the self-talk

Negative Self-Talk	Positive Self-Talk

Example Self-Confidence hack

ABC negative self-talk - **Accept** > **Breathe** > **Change**

Negative Self-Talk	Positive Self-Talk
<i>There's no point trying - I'm going to fail anyway</i>	<i>I <u>can and will</u> do well</i>
<i>There's too much - it's too late</i>	<i>I am persistent and hard-working</i>
<i>You're so stupid</i>	<i>I am <u>smart</u> and I am <u>determined</u></i>
<i>This is too hard for me</i>	<i>I've got this</i>
<i>I can't be bothered</i>	<i>I care and I'm not giving up!</i>