

Positive Self-Talk for Self-Confidence

Although it is nearly impossible for a pessimist to become an optimist overnight, practicing positive self-talk and similar techniques daily can help anyone become less critical, gain self-acceptance and build self-confidence:



Positive Self-Talk

Be aware of negative self-talk and replace negative thoughts with positive ones. Replace “There is no way it will work” with a more positive statement, such as, “I can make it work.”



Positive Affirmations

Affirmations describe how you would like to feel about yourself all the time, but not necessarily how you feel in the moment. Make a list of yours and keep it handy. Read the affirmations aloud and write them down from time to time. Affirmations may include phrases such as “I feel good about myself” and “I am a caring and kind person.”



List Positive Traits

Making lists of positive aspects of yourself can help make you feel more confident. Try writing down five of your strengths or things you admire about yourself. Refer to the list often.



Make Yourself Happy

Make a list of small things you can do each day that will make you happy, such as treating yourself to a great cup of coffee or tackling a crossword puzzle during your lunch break. Commit to doing one of these things each day.



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