

Practice

Be your strongest supporter and most loyal ally.
Change the “put down” Self talk to “lift up” Self talk. At least 2 lift ups

He’s so lucky, things never work out like that for me.	1. 2.
It’s too early. I’m too young.	1. 2.
It’s too late. I’m too old.	1. 2.
I do all the work, but never get any credit.	1. 2.
I’ll ignore the problem and hope no one notices.	1. 2.
If I get caught, I’ll manipulate my way out of it.	1. 2.
It’s not fair.	1. 2.
I’ll lie about it, no one will know.	1. 2.
I’m a perfectionist, if I can’t do it exactly right, I’m not going to do it at all.	1. 2.
If I fail, I’ll be embarrassed.	1. 2.