



When your self-talk says....

...Shift to:

Say these phrases to yourself 3x while taking a deep, slow breath.

"I can't do this"



I can learn and improve.

"I don't deserve that promotion"



I have valuable skills and experience.

"If I voice my opinion they won't take me seriously"



My perspective matters.

"I can't negotiate my salary - they might think I'm demanding or ungrateful"



I deserve fair compensation for my skills and contributions.

"I don't have enough experience to lead this project"



This may be new, but I have the ability to learn quickly and lead effectively.

"I'm just not as confident as my colleagues"



I have my own unique strengths.

"Asking for help is a sign of weakness"



Asking for help is a sign of strength and resourcefulness - it helps me succeed.

"I'll never achieve work-life balance"



I can create a balance that works for me by setting boundaries and prioritizing self-care.

"I'm overwhelmed by my workload"



I can manage my workload by prioritizing tasks and seeking support when needed.