I am my own best cheerleader.

I root for myself in all situations. ***I offer myself praise, and appreciate the compliments I give myself.*** I choose words that motivate me.

I offer myself guidance. My advice is specific and practical. At a networking event, I remind myself that I am friendly and knowledgeable. I focus on smiling and staying updated on the latest industry news and trends. As I become more confident, it becomes easier to start conversations with strangers and join in their discussions.

I offer myself affirmation. I notice when I am losing weight or getting along better in previously stressfull. ***I celebrate the positive changes I make.***

The little things in life are rewarding. I watch a funny movie, laugh with friends and family. Laughter dissolves stress and cheers me up. I prepare my favorite foods. Indulging in a favorite beverage or prepare a favorite meal to restore my energy.

I play with my pets. They remind me that I am loveable.

I spend time with family and friends. They share my victories and setbacks. They support me in everything I do as I support them. Every success is worth celebrating.

I love doing things to lift my spirits. I listen to stimulating music. I exercise regularly. I head outdoors to surround myself with nature. Flowing water and green fields invigorate me.

Today, I give myself a pat on the back. ***When I cheer for myself, I am reminded that someone is in my corner.*** I remember my purpose in life and make positive decisions that support me and my ultimate goals. I am in charge of my own life and my reaction to daily events I cannot control.

I have a positive and blooming attitude that I share with others.

Self-Reflection Questions:

1. How do I know when I need a pep talk?
2. What is one inspiring thing I could say to myself each morning?
3. Why is it important for me to be kind to myself?

A Blooming ATTITUDE Mindset Coaching