

I'm proud of...

AN EASY WORKAROUND FOR NEGATIVE SELF-TALK

This is so easy, it's ridiculous.

I don't even know why it works, but it DOES!

The next time you're needing a little confidence boost, instead of simply reminding yourself of things that have gone well for you in the past, (the negative voice loves to dispel those memories by reminding you of others that weren't so stellar) try starting the thought with "I'm proud of..."

For some reason that little voice doesn't mess with the things we're proud of.

Give it a try. ;)

What's Next? Find more tools like this one by going to my [TOOLBOX](#).

Sign up for the [Mindfulness Monday](#) newsletter delivering weekly tips for living your best life.

Go deeper with [Live BIG Programs](#).

Not sure what's right for you? [Let's talk](#).

