

## SKILL BUILDING NO. 24

# Think Positive



2 minutes

Are there predictable times when you feel anxiety? Such as walking into a performance, onto a sports field for a game, into school or work, and feeling alone? Do you feel the pressure of unmet expectations, a potential negative outcome, or the ambition towards perfection and feeling it drive you downwards? What are you saying to yourself in these moments? I can't... I won't... I'll fail... what if... If you are like most people, you probably have some negative thoughts that can play on repeat.

Let's take a minute and bring in the opposite feeling.

Imagine one of these predictable moments. Take a deep breath and let it out fully. Bring in fresh, life-giving air, and release the old familiar pattern. Roll your shoulders back and into place, straighten your posture so you rise up tall, and say the following out loud to yourself:

- "I got this."
- "I can do this."
- "I can feel the fear and do it anyway."
- "I am a rockstar."
- "I am strong."
- "I am going to keep trying."
- "I'm learning and, I will get better."

It won't feel natural, but if you practice doing this outside of those anxiety-filled moments, you are laying a foundation to be better prepared in the midst of them.