

Evolving Your Mindset

Common Negative Mindset	Positive Confirmation
"It's selfish of me to put my needs before others."	"I am allowed to put my needs before others sometimes."
"I should be ashamed of the mistakes I make."	"Making mistakes is human nature. I'll forgive myself like I forgive others."
"If others think my feelings are unreasonable, they must be."	"My feelings are valid even if they're unreasonable."
"I always have to be logical and rational to appear put together."	"I'll let loose and be myself and I'll still be perceived as put together as long as I'm confident."
"I have to withhold my thoughts as to not rock the boat."	"I feel comfortable expressing my opinion when I believe it's important."
"Others don't want to hear about my problems so I should keep it to myself."	"I have people who care about me and who are happy to help me if or when I ask for it."
"No one likes a show off so I shouldn't suggest we celebrate my achievements."	"I love celebrating others achievements so others would also like to celebrate mine."
"I have to accommodate others. They wouldn't be asking if they didn't need it."	"If I feel uncomfortable, overwhelmed, etc. others will still like me if I choose to say no."
"When someone is in trouble, I have an obligation to help them."	"I'm only responsible for myself and choose to help others when they need it."



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