



Cool, Calm & Connected Self-Talk Script

I am safe in the world and can handle any challenge thrown at me. I trust myself and others and I know that the universe is always supporting me.

I keep a positive mindset throughout the day. I deliberately look at challenges from different angles to see other perspectives. I lovingly guide my thoughts to think the best.

I am discerning. I make smart choices about what nourishes me the most – nutritious food, fun exercise, nature, restful sleep and social connection. I have healthy boundaries and know which situations and people serve me best. And I express my truth respectfully and wisely.

I have many beautiful qualities and traits. I know who I am and I like who I am. In fact, I would rather be me more than anyone else in the world.

Although I always work to improve myself and I get better every day, I love and accept myself exactly as I am *right now*. I am kind and gentle with myself and I *approve* of me.

Just like everyone else, I've had challenging life experiences, but I don't let my past control my future. My future is healthy and loving and bright and whatever I set my mind on making it. I am a powerful creator. I control my thoughts and my destiny.

I am completely comfortable showing my family the real me. My family supports and encourages me and always has my back. We can rely on one another completely.

I am masterful at creating positive mood states and I know exactly how to manage my moods. I am developing my emotional intelligence more and more every day.

I am cool, calm and confident with family and friends and at work. I radiate positivity and vitality. I am enthusiastic and fun to be around. I love taking responsibility for my actions and my life and I feel empowered in the process.

I am brave and courageous and enjoy creating change. I embrace new challenges with a sense of curiosity and adventure. New people, new situations and new experiences are exciting to me and create variety in my life. I thrive on the stimulation.

My body is relaxed and flexible and moves with grace and ease. I breathe easily and deeply throughout my day. Breath keeps me anchored to the present moment and keeps my mind clear and focused.

I smile a lot because I am happy and content on the inside and out. I consciously look for and am grateful every day for the many blessings in my life. I appreciate and value my life and who I am.

People like being around me because I am warm, loving, sincere and honest. I exude calm and confidence which helps others to feel calm and confident too.