

Practicing positive self-talk at work



What is positive self-talk?



Short, powerful, positive statements to boost confidence.

Benefits of positive self-talk



Better focus on goals

Strengthens work relationships

More self-confidence and kindness to self

Helps overcome procrastination, negativity, and slacking

Positive self-talk examples



“I am awesome”



“Today I choose to take charge of my reactions to things around me”



“Today, I’m going to initiate a conversation with a peer”



“I work at my own pace and success is different for everyone”



How to practice positive self-talk?

1



Practice for 3-5 minutes every day.



2



Repeat each affirmation 10 times focusing on each word.



3



Ask a friend for help, to maintain consistency.



4



It takes time, so patience and kindness to self are important.



There are several ways to encourage work habits that improve confidence, teamwork, and employee productivity.

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