

I have courage and confidence, I believe in myself, I can do this
I give myself permission to make choices, I am always learning
As long as I stay calm I am in control, I don't have to be perfect
I am enough, I'm strong, I make good choices, I'm a good person
Take a deep breath, I am capable and strong, I try the best I can
I believe in my goals and dreams, they are valid and important
There is no one better than myself, walk proud, I've got this

Facing new
challenges...



Success and
Confidence!

Positive Self-Talk for Children and Young People



For more information about how we work please contact us: IF@suffolk.gov.uk

