

I AM CAPABLE OF HANDLING ANYTHING

I learn how to handle stress and anxiety and manage my feelings. When stressful things happen, I use techniques like deep breathing and visualization.

I learn to let go of control and allow things to unfold. Letting go feels good and gives me confidence. I have faith in myself and practice being patient.

When I get frustrated, I remind myself that everything works out for the best. I forgive others. I know my struggles are temporary.

I recognize when I begin to overreact to adverse situations. When I notice the beginning signs, I put my energies toward finding solutions and working through the problem instead of just reacting.

I deal with any situation correctly and believe I can handle any change, circumstance, or challenge that comes my way. I believe in the power within me. I know that I am powerful enough to handle any possible outcome.

Even though there is always uncertainty, I succeed because I am intelligent, resourceful, determined, and creative.

I know that every day brings a new opportunity. And I trust that success belongs to me. By thinking positively, I stay focused on moving forward. I focus on achieving success.

My mind is free. My energy is also free. And I resist the fear of trying something different.

Today, I choose to stay out of my way. I speak my truth, stand tall, and walk with confidence.

REFLECTION QUESTIONS

1

What techniques do I use to manage stress and anxiety?

2

How can letting go of control give me confidence?

3

How can I stay focused on finding solutions rather than just reacting to challenges?