

## **My Choice of Inner Voice**

### **My Power Statements**

Write down a Power Statement for each of the following situations that will be strong enough to interrupt a negative thought.

**When I make a mistake** E.g. "This is feedback NOT failure!"

**When I do not achieve what I hoped to achieve.** E.g. "I will get over this!"

**When I face a challenge** E.g. "I can choose to see this in a way that empowers me!"