

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



Positive Self-Talk for Children and Young People



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

