

FROM NEGATIVE TO POSITIVE STRATEGIES

1. Relax

2. Stop apologizing for you what think you don't know.

3. Trust yourself.

4. Learn to wait and be patient.

5. DON'T SHUT DOWN – THINK

6. No negative self-talk.

“I missed it.”

You saw something.

“I’m sorry, I don’t know.”

It was about this long.

“I didn’t get it.”

**It started with a ____ and had a
____ in the middle and a
____ at the end.**

“Duh, I’m so stupid.”

It had a movement/shape.

“I’ll never be able to do this.”

It has a context.

7. You’re educated – make an educated guess.