



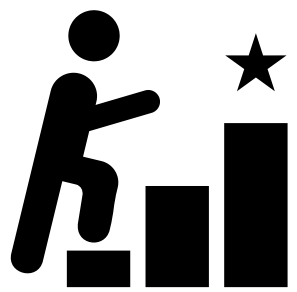
THE POWER OF POSITIVE SELF TALK

1



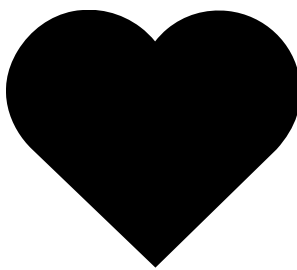
BUILDS CONFIDENCE

2



IMPROVES ATTITUDE

3



PROMOTES SELF LOVE

4



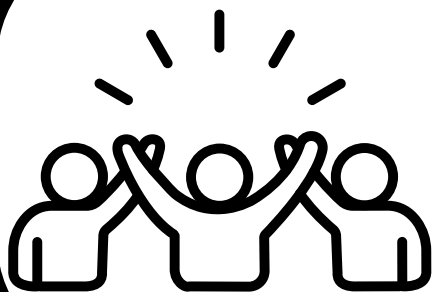
HELPS COPE WITH STRESS

5



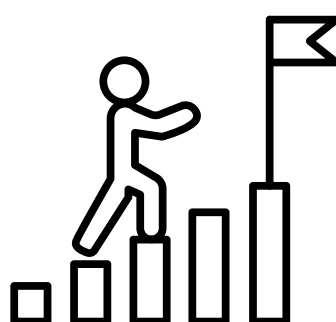
**ALLOWS FOR TAKING
RISKS**

6



ENCOURAGES MOTIVATION

7



**HELPS WORK THROUGH
CHALLENGES**