



# Believe in YOURself!

We all need to continually develop ourselves, build our self-esteem and become more positive and hopeful. A good attitude can help shape a more prosperous future, including in your career!

Part of that process is stopping negative self-talk. Simply, negative self-talk is limiting thoughts about yourself that can stop you from reaching your full potential.

Negative self-talk example	Reframing the thought into a positive one
I can never do anything right	That was difficult. Next time, I will not give up so easily

What negative thoughts do you have about yourself? And how can you reframe them?

## Positive Self-talk Challenge

This Youth Month, let's change the way we think about ourselves. Try doing this for 21 days and see how you feel.

Today, I am grateful for...	Something I value about my life...	Something I like about myself...
One thing I am good at...	I am proud of myself for tackling this challenge...	A mistake I learnt from...

- **YOU(th) are remarkable!**
- **YOU(th) are resilient!**
- **YOU(th) are capable of great things!**