



Wonderful Life Academy[®]

The Well-Being Charity

Charity Number: 1190534

Positive internal voice for a more confident you Takeaway

1. Stand in your natural position and breath naturally.
2. Become aware of your internal voice. Ask yourself “Where is my internal voice?” Touch or point to the location where you hear the words.
3. Now imagine if your internal voice was super positive and super confident. What does it sound like? Is it louder or softer than usual? Is it clearer, easier to hear? Is it stronger or weaker? Does it speak faster or more slowly?
4. However that super positive, super confident voice sounds I want you to imagine hearing it in the same location that you identified before listen to that super positive, super confident voice and touch or point to that location again.
5. Now take a few moments to think of some of the negative comments you allow your usual internal voice to say to you. Things like:
 - I am not very confident.
 - I’m rubbish at speaking in front of people.
 - I’ll never find somebody to love.
6. Now I want you to come up with a positive opposite for each statement. Eg:
 - I am a naturally confident person.
 - I love giving great presentations to people.
 - I am an extremely lovable person with lots of love to share.
7. Now for each statement I want you to touch or point to that location and imagine your super positive, super confident internal voice saying each of the positive comments.