

# Business Self-Talk

## Confidence and Belief

Here are some useful affirmative self-talk statements.

Use as many as you need to fire up your inner confidence and self-belief and adapt them as necessary.

Read them aloud each day with conviction and believe in the words. Repeat them over and over again.

Record them so you can listen to them and have them play on a loop in the background as you go about your daily tasks.

**Believe in yourself.**

Visualise living the life you desire as you say the words and let them motivate you to take positive actions to achieve it with confidence.

Enjoy the journey and remember, your thoughts create your beliefs ... your beliefs create your actions ... your actions create your reality.

Change your thoughts - change your life!

**YOU CAN DO THIS!**



# Confidence and Belief - 1

I am capable of building a successful online business.

I have the skills, knowledge, and determination to achieve my goals.

Every day, I am taking steps towards creating the life I desire.

I believe in my abilities and the value I can offer to others.

I have unique talents and expertise that can make a difference in the online marketplace.

I am confident I am capable of building a successful online business.

I have the skills, knowledge, and determination to achieve my goals.

Every day, I am taking steps towards creating the life I desire.

I believe in my abilities and the value I can offer to others and that there is a place for me and my business in this digital world.

I am resilient and adaptable.

I understand that building a business takes time and effort.

I embrace challenges as opportunities for growth and learning.

I am not afraid of failure because it is a stepping stone towards success.



## Confidence and Belief - 2

I will learn from my mistakes and keep moving forward.

I trust my instincts and intuition.

I have the ability to make sound decisions and take calculated risks.

I am open to new ideas and strategies that can propel my online business to greater heights.

I am constantly learning and improving my skills to stay ahead in the ever-changing online landscape.

I am resourceful and proactive.

I seek out the knowledge and support I need to thrive in the online business.

I surround myself with mentors, guides, and a supportive community that can inspire and motivate me along the way. I know that I don't have to do this alone.

I am deserving of success and abundance.

I release any limiting beliefs or self-doubt that may hold me back.

I am worthy of achieving my financial goals and creating the lifestyle I desire.

I attract opportunities, clients, and abundance into my online business effortlessly.

I am grateful for the journey and the progress I make every day.

I celebrate my small victories and use them as fuel to keep pushing forward.



## Confidence and Belief - 3

I know that success is not an overnight phenomenon, but a result of consistent effort and dedication.

I am confident in my ability to build an online business and make money online.

I believe in myself and my potential to create a thriving and fulfilling business.

I am on the path to achieving my dreams.



*M and J Shaw*