

# Business Self-Talk

## Perseverance and Resilience

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!**

## Perseverance and Resilience -1

I am a person of unwavering perseverance and resilience.

I understand that building an online business takes time, effort, and dedication.

I am committed to staying the course, no matter the challenges or setbacks that come my way.

I embrace challenges as opportunities for growth and learning.

Each obstacle I encounter is a chance for me to develop my skills, knowledge, and character.

I approach challenges with a positive mindset and a determination to find solutions.

I am not discouraged by temporary setbacks or failures. I know that setbacks are stepping stones on the path to success.

I learn from my mistakes, adjust my approach, and keep moving forward with renewed determination.

I believe in my ability to overcome obstacles.

I have the inner strength and resilience to push through difficult times.

I am adaptable and resourceful, finding creative solutions to any problems that arise.

I am not easily deterred by obstacles because I know they are opportunities in disguise.

I maintain a long-term perspective on my online business journey.

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## Perseverance and Resilience -2

I understand that success is not immediate but is achieved through consistent effort and perseverance over time.

I stay focused on my goals and break them down into manageable steps, celebrating each small victory along the way.

I surround myself with a supportive network of mentors, peers, and fellow entrepreneurs.

I seek guidance and advice from those who have faced similar challenges and persevered.

I draw inspiration from their stories and learn from their experiences.

I take care of myself both physically and mentally. I prioritize self-care to maintain my well-being and recharge my energy.

I understand that taking breaks and resting is not a sign of weakness but a way to sustain my resilience and productivity.

I remind myself of my why and the deep-rooted reasons why I embarked on this online business journey.

I reconnect with my passion, purpose, and the impact I want to make. This fuels my perseverance and keeps me motivated even in the face of adversity.

I am a resilient and persevering individual.

I am dedicated to building my online business and achieving success.

I embrace challenges, learn from setbacks, and persist with unwavering determination.

With each obstacle I overcome, I grow stronger, more resilient, and closer to my goals.