

EFFECTIVE TIPS TO MAKE POSITIVE SELF-TALK A HABIT



Take some time off daily to sit alone and reflect on your life.



Listen to your inner self carefully.

Track self-doubt and nip it in the bud.



Minimize negative emotions by reasoning your thoughts.

Focus on the positive things you want in your life.



Tell yourself that you are committed to your happiness and well-being.

Say positive affirmations to keep yourself inspired and motivated.

