



## WORKING ON YOUR THOUGHTS

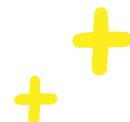
Listen to the little voice inside you and try to change your negative thoughts by focusing instead on your successes and on the practical things you can do to deal with the situation in a positive way.



### I CAN control...



- WHAT I SAY
- THE ABILITY TO ACCEPT AND SET MY BOUNDARIES
- MY DECISIONS
- WHAT I LEARN FROM THE SITUATIONS THAT I EXPERIENCE
- WHAT I LOOK AT
- WHO I WANT TO HAVE RELATIONSHIPS WITH
- MY EFFORT AND PERSEVERANCE
- HOW I PLAN MY TIME
- THE LITTLE VOICE INSIDE ME
- REMEMBERING MY WINS AND THE CHOICES I MAKE
- MY BREATHING
- MY BEHAVIOUR
- WHAT I DECIDE TO DO



Taken from **10 questions sur l'anxiété de performance**,  
Nathalie Parent, Éditions Midi Trente.