

POWERFUL YOU!

JULIE FRIZZI
AUTHOR | SPEAKER
YOGA | SCHOOL COUNSELOR
www.powerfullyou.info

POWERFUL YOU! SELF-TALK ALPHABET

- A. **Adjust** I ADJUST to change.
- B. **Belong** I BELONG and contribute.
- C. **Create** I CREATE healthy habits.
- D. **Direct** I am DIRECT and honest with my words.
- E. **Encourage** I ENCOURAGE others.
- F. **Fake** I FAKE it until I become it.
- G. **Gift** Every day is a GIFT.
- H. **Home** I return items to their HOME.
- I. **Inspire** I INSPIRE others to find their passion.
- J. **Judge** I look in the mirror before I JUDGE.
- K. **Kindness** I spread KINDNESS.
- L. **Listen** I LISTEN to others.
- M. **Manners** I use MANNERS to show respect.
- N. **Notice** I NOTICE, name and let go of worries.
- O. **On** I live life full ON.
- P. **Pause** I PAUSE, relax, and breathe.
- Q. **Quiet** I QUIET myself.
- R. **Report** I REPORT the goodness in others.
- S. **Stand** I STAND up for others and myself.
- T. **Try** I TRY different solutions.
- U. **Unmoved** I am UNMOVED by negative peer pressure.
- V. **Value** I VALUE education.
- W. **Wondrous** I love this WONDROUS life.
- X. **Extra** I bring EXTRA effort.
- Y. **Yes** I say YES to adventure.
- Z. **Zone** I get in the ZONE.