

# What Can I Say To Myself?

## Instead Of:

## Try This:

- \* I'm not good at this...
- \* I give up...
- \* This is too hard...
- \* I can't do tap, hip hop, ballet etc.
- \* I can't make this any better...
- \* I made a mistake...
- \* Plan A didn't work...
- \* She's such a good dancer. I will never be that good.
- \* It's good enough...
- \* I'm awesome at this...
- \* What am I missing?
- \* I'll use the tips & corrections my teacher has given me.
- \* This is going to take some time and effort.
- \* I'm going to have to work harder at the styles I find more challenging.
- \* I can always improve, so I'll keep trying.
- \* Learning from my mistakes will make me better.
- \* There is more than one way to achieve my goal.
- \* I'm going to learn from her approach, training methods...
- \* Is it really my best work?
- \* I'm on the right track and I'm continuing to improve.