

# She believed she could, so she did!



Do you ever get so gripped by fear that you panic and want to give up? If so, you're not the only one, it happens to many others all over the world everyday. As a 4-H healthy living ambassador, I have learned to practice positive self encouragement to overcome fears and Improve confidence. *(Walter, Nickoliezig, & Alfermann 2019)*

## Negative thoughts drain mental energy

- "I'm going to fail my biology test!"
- "I'm just know I'm going to drop my flag during the competition!"
- "I want to run for senior board, but what if no one likes/votes for me?"

## Positive thoughts build mental strength

- "I studied for this test. Just focus on the material, breathe, and and do my very best."
- "I've practiced this show routine and I know what I am doing. Play the music in my mind, see myself performing strong, take a deep breath and do it."
- "Remember that 4-H is about belonging. I have friends here. Doing my best and being myself is what really matters!"