HERIZON
COACHING & CONSULTING

Positive Self Talk

I can base my success on who I am, not what I have done.

I will take risks to create an inspired future. My life matters. My time matters. My experience matters.

I will advise and believe in myself the way I would my children or my best friend. If I wouldn't say it to them, I won't say it to myself.

Above all, I am worthy. Worthy of taking chances, worthy of being invested in. Worthy of hearing my opinion.