



Forward Steps in Life

What ifs”... can be daunting when you insert that question about any or all aspects of your life. To reframe “What if” questions, try turning them into positive affirmations! Acknowledge negatives, but then proclaim your inner strength.

1. **I’m doing the best I can! I can appreciate myself for trying.**
2. **I am enough, even when I don’t feel or think that way.**
3. **This is a hard time, but I’ll get support as I need it.**
4. **Even when I’m down and out, I’ll rest and care for myself.**
5. **Times like these happen to everyone. It’s not all about me.**
6. **I’m a resilient person, who has unique gifts and talents.**
7. **I can ask for different kinds of help, and that’s okay and healthy.**
8. **By recalling the positives, I can tackle each of the challenges.**
9. **Acknowledging what might work out well or better gives me hope.**
10. **I’ll focus on what could be good, rather than worrying about what’s not.**

Add a few more of your own affirmations. Personalize those statements for your specific situations by reframing the positive aspects of who you are.

11.

12.

Share your comments with me and receive a free “give away” for a future workshop or small group coaching discounts. I’d love to know how you’ve dealt with your “**What ifs**”. Coach Joan