

Name _____

MY POWER STATEMENT.

(As described in 'My Choice of Inner Voice' pages 34-39 of *Success in Schools*)

When I notice my 'inner voice' being negative I will use my Power Statement.

For example: *I can do this!*

I'll do my best!

I have a choice!

I can learn this!

I can succeed!

This is to help you, therefore it is often useful to begin your statement with I or I'll.

Make it positive. (Something you can or will do, rather than saying what you won't do.)

What's the first step you can take to make sure this Power Statement really works?

When you use this Power Statement how will you know that you have made a difference?