| **Putting positive thinking into practice** |
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| **Negative self-talk** | **Positive thinking** |
| I've never done it before. | It's an opportunity to learn something new. |
| It's too complicated. | I'll tackle it from a different angle. |
| I don't have the resources. | Necessity is the mother of invention. |
| I'm too lazy to get this done. | I wasn't able to fit it into my schedule, but I can re-examine some priorities. |
| There's no way it will work. | I can try to make it work. |
| It's too radical a change. | Let's take a chance. |
| No one bothers to communicate with me. | I'll see if I can open the channels of communication. |
| I'm not going to get any better at this. | I'll give it another try. |