

*I am becoming
more outgoing on a
daily basis*

*I am becoming
more confident
every day*

People like me

*I am relaxed when I
meet new people*

*I have so many
amazing qualities*

*People perceive me
as confident*

*People are
interested in what I
have to say*

*I am beginning to
enjoy meeting new
people*



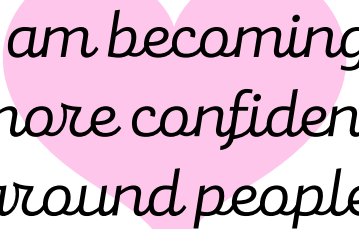
*When I speak
I sound intelligent*




*I am learning every
day better ways to
interact with people*



I am strong



*I am becoming
more confident
around people*



I can do anything




I am a good person




*I am becoming a
better
communicator*




I am smart



*I am worthy of
people's attention*



I am brave



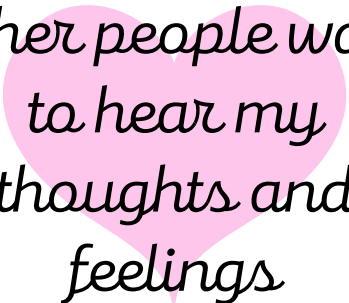
*Every day I become
less shy*



*I deserve to be
heard*



*I am allowed to
speak my mind*



*Other people want
to hear my
thoughts and
feelings*



I am friendly



*I can overcome my
shyness*



*I am becoming
more comfortable
speaking my mind*



*It is natural to
speak up for myself*



*What I have to say
matters*



*My positive energy
is magnetic*

