



Self-Administered Motivational Script

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In this moment, I am aware and I know that I can reach my goals, and I can make my dreams come through. It is up to me. I am now focused and clear in what I want, and what I can do. I know now that it is not my fault. I now understand that I need balance between my emotions and my thoughts, and my entire life is what I make it be. I am taking action in realizing I am good, I am enough, and I am good enough.

I am free from all the blocks that kept me stuck in my fear, and I am ready to take action. I am taking action. I have hopes and dreams that I deserve and I know I will achieve, and I am no longer afraid. My fear is gone, as I am reading this, and I am courageous, strong and determined. I can do it. I will do it. I am doing it. Here, now, and from here on. I am decided and confident in my abilities, I am proud of my successes and myself. I am a success. I am reaching out and removing fear from my heart. I follow my own expectations, and not those that others have of me. I see now that I need to take care of me, please myself not others, and I will fulfill my needs. I act without fear. I am fearless. I respect myself, and I am important. I chose to drop anxiety in the trash, and embrace peace and happiness. I have the knowledge. I have the power. I am capable.

Right now, as I am reading this, I realize that I cannot control others, places or things. The only thing I can control is me. I am taking charge of my emotions, of my actions, and of my thoughts. I am happy and content. I validate myself, I accept myself and I trust in me. I believe in me. I am good. I am confident and strong, I am determined and relaxed, and I will stay strong in front of challenges, because I know I can handle anything that comes my way. I am optimistic about the future. I have hope and realize that I can make the right choices. I can decide for myself. I will decide for myself. I am deciding right now to let go of the repeated negative thoughts. I release the negative thoughts that I have, I let them go. I give them back to the people that gave them to me. I deserve better. I am better. I will talk positively with me, because I think highly of me. I will be ruled by my own kindness and compassion in being my own best friend. I have no fear! I know I am human. Humans make mistakes. Mistakes are OK. I am OK. If I make mistakes, that is OK, because I am OK. I am only human. I learn from my experiences. I develop my own character, and I build myself up. I trust my decisions and I know I am good. I can do it. I am doing it.



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I understand that my own inner dialogue influences me, and I choose to replace my negative self-talk with positive self-talk, because I know that I am good. I know that somebody helped create those thoughts into my mind. They were not created by me alone. So I am creating my own messages. Positive messages to me, about me, for me. I am smart. I am enough. I am smart enough. I have the power and control over my thoughts and my emotions. I now see life is good. Life is positive. And I am good and positive. And I can choose where I go in life, and what I do with my life. I create my destiny. And I chose to create a positive successful and full of success life that I am proud of, because I am proud of myself. Happiness is within me, and I can access it at any time. Nothing can break me; nothing can scare me, because I know now that all I need to be happy is to allow myself to be happy by accepting myself. I will no longer listen to others, and I will no longer take other's opinions face value. I will challenge negative messages, and replace them with positive ones. I will fight for my own serenity, because I know I am so very good, and I am proud of myself. I deserve goodness. I am goodness. I am my biggest fan. I am my own hero. I am free of guilt and shame, I am a responsible and compassionate person, and I value myself. I listen to myself because I love myself.

I accept myself unconditionally right now, as I am reading this. I am taking risks, because I know I can master whatever comes my way, I feel complete and powerful. I do not have all the answers, and that is OK. I will find the answers. Because I will continue to stay curious, and open to new experiences. I am excited about the future, and I know that I can make it. I am calm and relaxed. I am at peace because I now know what a good person I am. I will stand fast and strong in front of challenges, and I will remain rational and in touch with myself and my inner goodness during stressful situations. I am in charge of my own life. I assume full responsibility for my own success, I drive my own life, and I chose to stay strong knowing that I have the ability to deal with the future. Today I accept myself just as I am. Because I know I am good enough, that I am capable, that I will succeed. I let go of the past, and focus on the here and now, and realize that I will fill my life with positivity and goodness.

My mind is quiet. My emotions are calm. My body is in sync with my emotions and my thoughts. As I think positive messages of myself, I feel energized and powerful, I am becoming more confident, and I realize how many resources I have inside me, and that I can overcome future challenges. I feel strong and positive. I am my best friend right now and from now on. I will no longer create my own anxiety, and I will not allow others to disturb my peace. I control what I think, and I control what I feel. I will not allow others to dictate my journey towards my own success. Life is great, and I am great in my life. I am the best thing that ever happened to me, and I accept myself, I respect myself, and I will teach others how to treat me. I am capable and lovable, and I know that my capacity



to love starts here and now, and in this moment. I take these words, and save them inside my mind, as I will no longer treat myself with rejection. I am unique and special, and I will let the world know about this every day, by engaging in positive optimistic thoughts, behaviors and emotions that will empower me and enrich my life.

I am strong. I am capable. I am good enough. And it is not my fault. From here on, I am in charge of my happiness. And I will be happy. I am already happy. I feel so very good. I must be good. I am good. Yes, I know it is true! I promise this to myself. I am so very proud of me now. Welcome to the new me; refreshed, positive, energized, capable, determined, successful, stable, balanced, optimistic, creative, confident, strong, empowered, relaxed, renewed. What a wonderful life I will have from here on. What a wonderful life. What a wonderful me. I am! I can! I do! Now!

