

The Seven Confident Thoughts of Confident People

- ☺ The world is a pretty safe place
- ☺ I can cope with most things
- ☺ Bad things don't usually happen to me
- ☺ Bad things don't often pop up out of the blue
- ☺ I have some control over the things that happen to me
- ☺ People are pretty nice really
- ☺ Other people respect me