

BRIDGE THOUGHTS TO THINK

1. *It's okay that I am learning how I can believe in myself, right now.*
 2. *It's okay that I'm not there quite yet.*
 3. *I am willing to believe I can give myself permission to believe in myself, just because I want to.*
 4. *I am willing to practice.*
 5. *I am a person who...*
 6. *I am becoming someone who thinks...*
 7. *I am choosing to believe...*
 8. *I am committed to thinking...*
 9. *I am open to changing my belief about...*
 10. *I am thinking this for now...*
 11. *I may be wrong about...*
 12. *I notice I'm thinking....*
 13. *I used to do _____ and now I do _____*
 14. *I wonder...*
 15. *I'm becoming...*
 16. *I'm going to _____ no matter what.*
 17. *I'm growing into the belief...*
 18. *I'm just choosing to think...*
 19. *I'm learning...*
 20. *I'm willing to believe...*
 21. *I'm considering...*
 22. *I'm curious...*
 23. *I'm in the process of...*
 24. *I'm learning how to...*
 25. *I'm open to believing...*
 26. *I'm open to thinking...*
 27. *I'm open to...*
 28. *I'm thinking the thought...*
 29. *I'm working on...*
 30. *It feels so good when I choose to believe...*
 31. *It'd be super freakin cool to believe...*
 32. *It's possible that...*
 33. *It's possible that some day...*
 34. *Maybe it's possible that...*
 35. *Some day I will think...*
 36. *This is just the sentence in my brain at this moment...*
 37. *This is the best my brain can do today...*
 38. *What if I thought/believed...*
 39. *... could be...*
 40. *... and it's ok.*
 41. *... Oh yeah, that feels good! Let's think that!*
- ADD ANY THOUGHTS THAT WORK FOR YOU**
- 42.
 - 43.
 - 44.