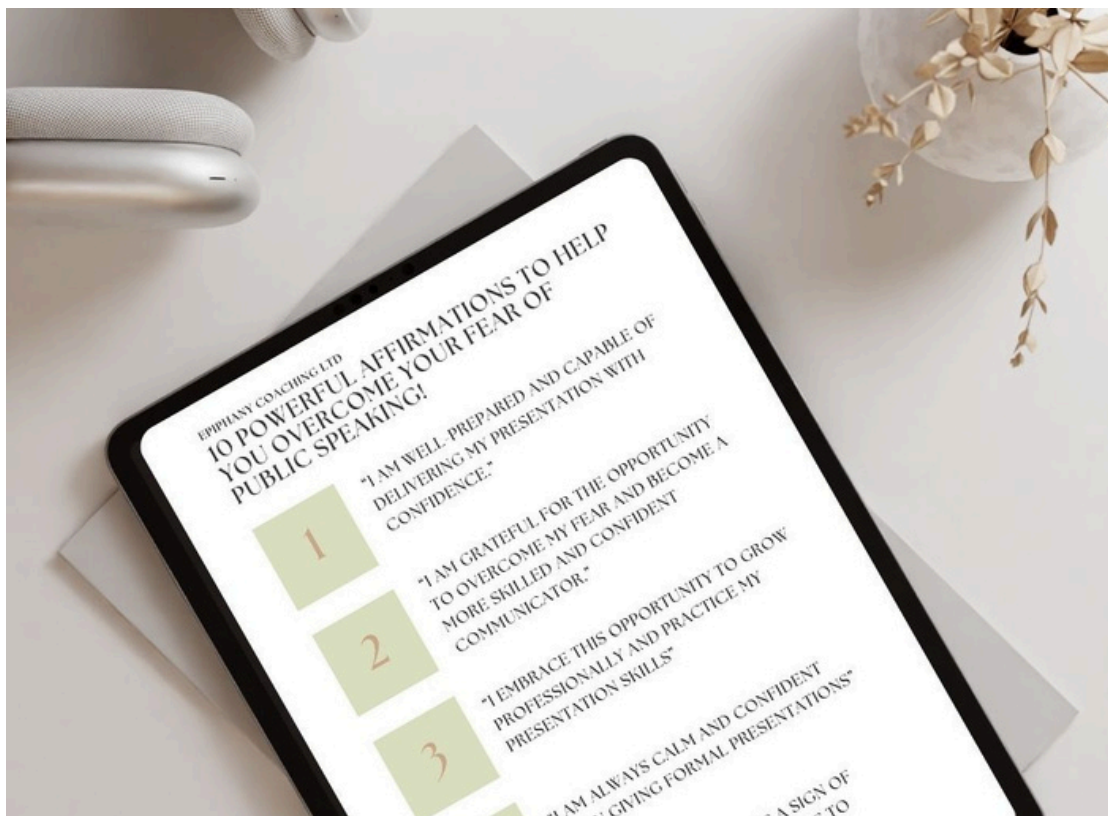


# PUBLIC SPEAKING NERVES?

HERE'S HOW TO STAY CALM AND  
FOCUSED!

TEN POWERFUL AFFIRMATIONS TO  
HELP BOOST YOUR CONFIDENCE AND  
FOCUS.

EPIPHANY COACHING LTD



# 10 POWERFUL AFFIRMATIONS TO HELP YOU OVERCOME YOUR FEAR OF PUBLIC SPEAKING!

1

“I AM WELL-PREPARED AND CAPABLE OF DELIVERING MY PRESENTATION WITH CONFIDENCE.”

2

“I AM GRATEFUL FOR THE OPPORTUNITY TO OVERCOME MY FEAR AND BECOME A MORE SKILLED AND CONFIDENT COMMUNICATOR.”

3

“I EMBRACE THIS OPPORTUNITY TO GROW PROFESSIONALLY AND PRACTICE MY PRESENTATION SKILLS.”

4

“I AM ALWAYS CALM AND CONFIDENT WHEN GIVING FORMAL PRESENTATIONS.”

5

“I WELCOME NERVES AS A SIGN OF EXCITEMENT AND READINESS TO PERFORM AT MY BEST.”

6

“I AM WORTHY OF SUCCESS. I CELEBRATE THAT I AM FACING MY FEAR AND ACKNOWLEDGE MY HARD WORK AND PREPARATION.”

7

“I WELCOME THE OPPORTUNITY TO SHARE MY INSIGHTS AND IDEAS AND CONNECT WITH THE AUDIENCE.”

8

“I AM PREPARED AND I TRUST IN MY ABILITY TO ARTICULATE MY IDEAS CLEARLY AND EFFECTIVELY.”

9

“I AM OPEN TO FEEDBACK AND SEE IT AS AN OPPORTUNITY TO GROW AND IMPROVE.”

10

“I AM NOT DEFINED BY ANY MISTAKES OR IMPERFECTIONS. I CAN LEARN FROM THEM TO IMPROVE IN THE FUTURE”