**May 2020 Mini Challenge – Excuse Me**

*Stop negative self-talk.*

The “Excuse Me” Mini Challenge invites you to not say anything negative about yourself for 31 days. If you catch yourself doing that, quickly say something positive about yourself and go forward from there. On the surface, the challenge may seem easy, but negative self-talk is a habit for many.

Especially during times of stress and uncertainty, it is easy to get down on yourself. However, the way you think and speak about yourself can have a huge impact on how your physical and mental health. Think of what would happen if you constantly pointed out your friend or co-worker’s weaknesses – they would feel awful and might give up on trying to do better. If you point out another’s strengths instead, it will have a tremendous effect on how they feel and how they life their life. *Now more than ever, it is important to be kind to yourself – you are doing the best you can!* Speak positively about yourself and you will become the most positive version of yourself.

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