



The Power 'I've Got This!' - Fact Sheet

Reclaim your peace. Reconnect with your power.

1. What Does 'I've Got This!' Really Mean?

- It's a self-assuring statement that activates inner strength.
- A psychological reminder: "I am capable. I've faced challenges before and can do it again."
- Not about being perfect — it's about showing up and trying.

2. Why It Works

****Science-Backed Benefits:****

- Shifts mindset from threat to challenge.
- Increases self-efficacy — belief in your ability to cope.
- Interrupts negative spirals like "What if I fail?"

****Brain Response:****

- Activates the prefrontal cortex (decision-making and confidence).
- Reduces activity in the amygdala (fear and panic center).

3. When to Use 'I've Got This!'

- Before a presentation or difficult conversation
- When facing self-doubt or fear of failure
- During anxiety spikes or panic attacks
- Starting something new or unfamiliar

4. How to Make It Work for You

****1. Say It With Intention:**** Look in the mirror or place your hand on your heart. Say it slowly and firmly.

****2. Pair It With Action:**** Take one small step forward to prove it.

****3. Repeat It Regularly:**** Repetition builds belief. Write it in your journal, planner, or as a phone reminder.

****4. Anchor It in Memory:**** Recall a time when you overcame something difficult. Feel that energy and say: “I’ve got this!”

5. Make It a Habit

| Habit | How It Helps |

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| Morning mantra | Sets a confident tone for the day |

| Written on sticky notes | Keeps it top of mind |

| Used in moments of stress | Interrupts spirals and builds calm |

| Shared with others | Reinforces collective encouragement |

6. Final Reminder

“‘I’ve got this!’ isn’t a magic spell. It’s a doorway into courage, clarity, and action.”