

Positive Self-Talk

What do you say when you talk to yourself, and how does that impact how you act and react personally and professionally?

Our self-talk, whether spoken out loud or silently within our head, can set us up for success or failure.

Here is how it works. We get up in the morning and tell ourselves that it's going to be "another one of THOSE days" - and it probably will be - because we are planning it that way.

We could, however, choose a different outcome for our day. We could tell ourselves, "**I feel great today! I have energy and confidence to deal with the day ahead!**" If we tell ourselves often enough, we really will have more energy and confidence.

It is simply the way our subconscious brain works - it believes what it hears most often. The strongest message always wins. Your subconscious will do its very best to produce the mindset you are choosing via your behaviour.

Simply put, behaviour (what you do and say) does what it is told the most.

What we say when we talk to ourselves is almost always a message we have received from others, and according to behavioural psychologists as much as 77% of self-talk is negative, or works against us. Negative self-talk such as "I'm too shy," or "It's just no use," causes us to put limits on ourselves, and even to give up trying to change at all.

Positive self-talk gives us strong new messages to help us overcome fears and obstacles that have been part of us - often for a long time - e.g. to speak more comfortably in front of groups, become more confident when networking, to stay clear and assertive during a challenging conversation, etc

We can replace our negative self-talk with positive self-talk to make dramatic, permanent changes in our lives. Positive self-talk often becomes a self-fulfilling prophecy. All we have to do is to learn to talk to ourselves differently.

Our subconscious doesn't know the difference between reality and imagination...so we'll get what we focus on...our subconscious will make sure of that!

