

## The Incredible Power of Self Talk

Self Talk is the way your mind speaks to you in all situations. It is the voice that can either encourage you or chastise you. By listening to your inner dialog and shifting it to become more in line with what you really want, you can transform your life.

The following six steps can help you.

1. Observe the Self Talk you do.
2. Decide what type of Self Talk you want to hear. Being more positive, increases your confidence.
3. Catch yourself when Self Talk becomes negative. Recognizing the tone, the change in self confidence, and ability to communicate.
4. Work on managing your Self Talk. It is a learned process and it does take time, be patient with yourself.
5. See how motivated you feel when you use positive Self Talk. Strive to stay in that frame of mind.
6. Discard Self Talk that is self-defeating or projects anger.
7. Negative Self Talk can make a situation seem far worse than it is, causing unnecessary stress and potentially more conflict.



## I CAN ACTIVITY

At your tables quickly number off by twos. You will be working in pairs.

Now everyone stand up. If you are a Number 1, extend one arm out, just one arm, not both arms. Be aware of others around you. Now quietly say over and over “I can’t”. Keep repeating “I can’t”. Now, the Number Twos, reach out with one hand and pull your partner’s arm down. Number 1, your objective is to keep your arm up.

Now, Number 1, put your arm back up and say over and over “I CAN”. Your objective is to keep your arm outstretched. Number 2, reach out and pull your partner’s arm down. O.K., please sit down. Was there a difference when you were saying “I CAN’T” compared to when you were saying “I CAN”? Each of you will have your own perspective about that difference, but generally, when people are saying “I CAN’T” their attitude can keep them from achieving their goal. In this case keeping your arm up. When you have an “I CAN” mental attitude, you are much more likely to achieve what you have set you mind to. Mental attitude does make a difference.