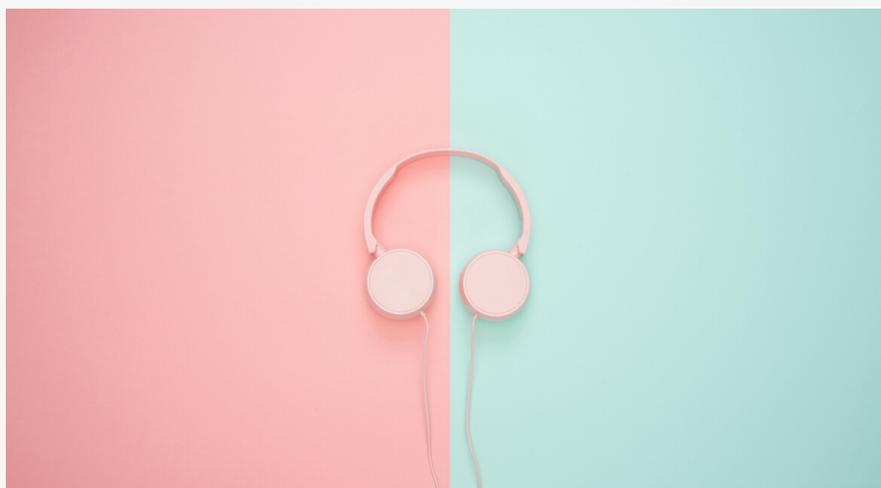


# MIND*Motivation!*

## Season One, Episode Five

### **The One About - Your Own Radio Station, Your Inner Voice and The Words You Use**

Did you know that you have your very own radio station with many different channels for you to select from? Think of your inner voice like an internal radio station playing inside your head every minute you're awake! and you get to choose whatever wavelength and energy band you put on?



**The most significant things you say in your day are the things you say to yourself. And the most important opinion you have is the one you have of yourself.**

There's a channel to uplift and empower you, you can play it all day long as a powerfully positive upbeat channel to listen to BUT be careful; there's also a channel to depress and dilute your happiness and potential success.

Your own radio station is what I call your inner voice. We all have an inner voice and, whether we admit to it or not, we all hold conversations with ourselves, constant chatter going on all day long.

To control your life and direct it to where you want it to go you MUST first control your inner voice and be consciously aware which station you play, is it uplifting or diluting your confidence and happiness? Your inner voice controls whether you are setting yourself up to win or lose?

## Be sure to pick the right channel as it triggers and creates your moods, beliefs, motivation and subsequent actions: in two simple words – your future.

As your coach, I want you to get to know your inner voice, I want you to connect with your inner voice. Become conscious of what that voice is telling YOU and the specific words and statements it – that is, YOU! – use when you chat to yourself. Only then can you take charge of your self-talk.

Do you use positive words like: I can, I will, this is possible?

### OR

Do you use words like: I can't, I won't, it's impossible?

So, does your inner voice, your own radio station tell you can or you can't achieve something?

Whether you tell yourself you Can achieve something or whether you tell yourself you Cannot achieve it, that's where your focus will go and by the law of attraction (episode4), you'll prove yourself right BOTH times!

## WORD POWER

Your self-talk will give you back feelings of either:

- **Confidence or Anxiety**
- **Faith or Fear**
- **Mediocrity or Excellence**
- **A 'can do' attitude or 'can't do' attitude**
- **Fun or Misery**
- **Happiness or Sadness**
- **Excitement or Frustrations**
- **Opportunities or Limitations**
- **Kindness or Bitterness**
- **Enthusiasm or Apathy**





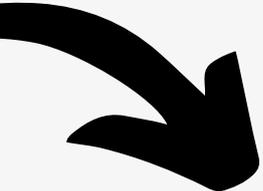
I want you to be aware and then delete negative words from your inner voice chatter:

- **I can't**
- **But (this word is usually followed by an excuse)**
- **I have to (touch of martyrdom slipping in here)**
- **I won't be able to achieve X**
- **It's impossible**
- **If (stands for Instant Failure and is usually followed by an excuse, If I was younger, fitter, married, single..)**

Now let's delete any ambiguous words you use in your inner voice and chatter: I call these 'grey' words as they are hesitant and doubtful. They do not motivate you to be decisive and act, so they do not help you achieve your goals. Words like:

- **Maybe**
- **Possibly**
- **I'll Try**
- **Should have, could have, would have**

## Always telling yourself 'Yes I can'



### **MIND Motivation Exercise:**

Delete the negative... Expose all (at least 5) negative words and statements your inner voice says as it's chatting to you? (Enemy statements). Until you recognise them you cannot delete them.

### **THINGS YOU SAY:**

**1.**

**2.**

**3.**

**4.**

**5.**

# **It's hard to beat the enemy if you've given it an office inside your head.**

**Now you know the enemy voice, you'll recognise it when it pops up on your radio and you can turn it off, delete the negative chatter and move on to a better uplifting station...**

Delete your negative voice, throw it out. Then replace it with positive words, voice and chatter...

Having a positive inner voice is common sense yet from my experience of coaching 1000's people it definitely isn't common practice!

Creating, keeping and growing self-belief, self-esteem and self-confidence is a daily life-long journey and a crucial part of your Mind Makeover; it's an on-going process.

To have a fit healthy body you must exercise daily (one visit to a gym and one aerobics class in your life does not make you fit for life) the same goes for your mind. It needs a daily workout to get, be and keep in the best shape.

Keep your focus on self-talk that allows you to like, love and respect yourself. Delete the rest. If at this point a little gremlin in your head is saying, 'But I'm not perfect!' I know! Neither am I – just aim to be a fabulous work in progress.

Now you have ditched the negative voices and statements, let's turn your inner voice into your supportive very best friend.

## **EXERCISE - BE YOUR OWN BEST FRIEND**

**Use empowering supportive words. On the next page is a list of positive, empowering words that should feature prominently on your inner radio station and inner chat. Use all of these in your vocabulary, both internal and spoken. Tell yourself...**

## TELL YOURSELF...



- Yes**
- I can**
- I will**
- I am**
- It's possible/definitely**
- However, what if... (followed by a solution)**
- I get to do (better than 'I have to do')**
- I commit to**
- I appreciate**
- I plan to**
- I achieved**
- I learnt**
- I decide**
- I choose**
- I'm proud of ME!**

**Now complete each of the above, finish each sentence and personalise each for you. Powerful stuff!**

### **Then...**

Select 10 from the list (or add in your own) and decide and commit for the next 7 days to use these positive words constantly throughout your day, have them on replay on your inner radio and chatter. Then watch the magic happen. Check in with yourself at the end of each day. How differently do you feel? How much has your positivity, self-worth, confidence, and happiness increased? Masses, I imagine.



Think back to Episode 3, the one about the iceberg and the immense power of attitude. Always add a positive attitude and belief to the positive words you consciously select and use. Then, and only then, will the words you say be empowered with a positive tone and intonation and have a much greater impact. Your words must match your thoughts. For example; when you say to yourself, 'I CAN do it', you must also see it, feel it and believe it for you to achieve it or for it to materialise in your world. Add feelings to words. There is no power in saying I can until you feel and believe your words I CAN!

## Learn new empowering statements and imagine your inner voice saying the following statements:

Highlight your top 10, write out and repeat to yourself each day (when you wake up and also before you go to sleep). Do this for the next 7 days and see and feel the positive difference. You'll be programming YOU for maximum feel-good, so it's worth doing:

'Everything I want is possible'

'I can lose weight'

'I will get a better job'

'I want to spend more time with the family'

'I'm blessed'

'I will get fit'

'I am in control of my destiny'

'I have complete belief that I can do this'

'I do a great job'

'I've put in the effort and I will excel at this'

'I'm spending my time on my priorities'

'I'm happy and fulfilled'

'I love doing this'

'I feel brilliant'

'I respect myself and the decisions I make'

'I'm proud that I take responsibility for my actions'

'I'm proud of myself and who I am'

'I have unwavering belief that this is possible'

'I'll stay positive and focused whenever I have challenges'

'I know I can find solutions to problems'

'I celebrate my fabulousness always'

'I live by putting all I have into all I want'

'I have more than enough time'

'I love my life'

'I believe in me'

'I can because I have' (anything you have done even once before)

'Talent and ability flow through me'

'I have everything I need in abundance'

Stop and imagine if you approached each day for the next week, then month, then year and THEN why not keep doing it for the rest of your life! The possibilities would be limitless, and you would experience joy, happiness, success and fulfilment in abundance.

Learn these positive words, positive statements and also make your own, use them and repeat them as often as possible. Where will they take you? Wherever you wish to go!

You and only YOU are in charge of your inner voice. This is your radio and you control the stations. Make YOUR inner voice your best friend, a voice that encourages you, believes in you, promotes you, is kind to you and who loves all of you unconditionally. Once you have this you have all you ever need to be happy and succeed...

*I'll see you over on episode 6,  
Sharron X*



## NOTES