

MIND*Motivation!*

Season One, Episode Six

The One About - How You Talk To Yourself... Are You Your Own Friend, Or Are You The Enemy?

In the last episode you connected with your inner voice and became consciously aware of what YOU say when you talk to yourself. The words you use and the statements you say! You now have a whole new positive vocabulary to use. You have your own uplifting radio station. I'm often asked, is this inner voice, this 'self-talk', a good or a bad thing? The answer depends on what you are telling yourself.



Are you telling yourself that your life is full of good things and opportunities, and that you're fabulous and talented? Or are you telling yourself the opposite?

Your inner voice will chat away to you about all areas of your life; there are no restricted areas. It will offer opinions about your wellbeing, aspirations, abilities, career, finances, relationships, education... The list of potential topics it will chat to you about is endless.

It's either a positive or negative chat, and this then creates lots of different emotions. You decide. You always have a choice. That choice triggers the emotions you'll experience. Fear or belief, confidence or doubt?

You now have all you need (episode 5) for a strong and confident inner voice. But you must first connect to your start point: one simple question; is your inner voice and self-talk empowering you or is it diluting your potential? Ask this throughout the day every day.

EXERCISE: WHAT'S YOUR STORY?

Think of a personal example where you've allowed a negative inner voice to hold you back.

What negative words did you say to yourself? What negative statements did you say?

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What was the consequence of this negative inner voice? (a lost job, relationship, promotion, travel?...)

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Stop this negative voice now. Review and change what your inner voice told you then about this experience? Delete it, you don't need it anymore.

Now replay this event again in your mind BUT this time change your inner voice to a strong, supportive, positive, empowering friend. What would you say now?

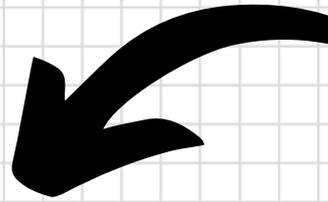
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From my experience you will always have to keep a check on your inner voice as its default at challenging times is often to default to a negative voice, so change it back to a positive one.



Here, I share some of the things the enemy says. Be aware of them, recognise them and delete them from your inner voice, they do not support you or give you the life you want. How many of these do you use?



- 'I can't do it'
- 'I haven't got the time, education or money to do it'
- 'I'm not clever enough'
- 'I'm too young/too old to do it'
- 'I've always been shy'
- 'I never lose weight; weight problems run in the family'
- 'I hate exercise'
- 'I'm lazy'
- 'I never feel passionate about anything'
- 'I just don't have the energy I used to have'
- 'There's no fun in anything anymore'
- 'I've gone as far as I can go in this job'
- 'I don't remember things well'
- 'It's going to be one of those days' (and it's only 9 a.m.!)'
- 'I always meet losers'
- 'It must be me'
- 'It always happens to me'
- 'It's impossible'.

**Negativity cannot survive
without your participation
and permission.**

Delete it.

Notice how many typical negative statements involve absolutes, like 'I always', 'I never'. They create a cycle in which words become actions and outcomes:

- I won't = you'll never get started
 - I can't = you'll never try
- I can't be bothered = laziness will keep you stuck
 - I don't know how = so go and find out
- I wish I could but = you're blaming things
 - I think I might = you're hesitating
 - I might = you're indecisive.

BE AWARE OF THESE WORDS!

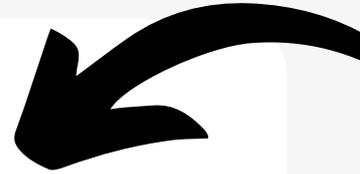
**"Never put a wishbone where
your backbone should be."**

Lets now change negative self-talk into positive self-talk. Don't allow your inner voice to tell you 'I CAN'T. Instead, tell yourself 'I CAN' and that all things are possible if I want them enough.

- I think I can = you're starting to believe
- I can because I have = power from past achievements
 - I will = you are committed and motivated to act
 - I have = congratulate yourself
- I can because I have = empowerment from achievements
 - I did it = recognition of achievements and success

Impossible or **I'M POSSIBLE** - same letters, yet a very different focus and outcome.

What do you believe is now possible, that you once thought impossible? Move the boundaries you've set in your past as a result of listening to negative self-talk.



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Make a list of 3 things in your past you believed in before people sold you the story that they were impossible. Things you still want to have, be and do? For example, I can save enough money to buy my dream home, I can lose weight, I can conquer my fear of flying, I can get a degree, I will meet my soulmate, I can start my own business, I will do a round-the-world trip, I can become a runner and compete in a marathon...

1.

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2.

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3.

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If you find yourself saying, 'It can't be done, it's impossible', **STOP** and look around you. You will see someone doing exactly the thing you want, and the only difference is they thought it was possible and you did not. Change that now!



Take away all self-imposed limits. Change the word impossible to the word possible and watch things improve enormously.

Think about it: you are telling yourself that you don't believe in yourself. You now know all about the 'law of attraction' so you know the negative impact this kind of thinking will have on you. STOP IT NOW.

Never set yourself up to lose. Always set yourself up to win.

Tell yourself daily that you are braver than you think, more capable than you know, stronger than you seem and smarter than you've been yet.

The mind is neutral; it will not judge, assess and evaluate the information and thoughts you choose to feed it. It just accepts them. How tremendous is that?

STOP THE GUILT VOICE



Does your inner voice and self-talk say things like...

- **'I must lose weight'** • **'I've got to get a better job'**
- **'I have to do...'**
- **'I should be a better daughter [mum, sister, friend...]**
- **'I ought to get fitter, slimmer, healthier'**
- **'I've just got to save some money'?**

When you say to yourself: 'I ought to, I've got to, I have to and I should do'; then what you are really saying to yourself is 'I can't do it' and also 'I don't do it and I should'. Quite simply, it's a vicious circle. Your whole focus is on what you have to do and not on what you want to do. This weighs you down with bucket-loads of guilt and is a stress trigger.

Change your words to - 'This is great, I get to do...X'.

Saying 'I get to' is a positive choice and will trigger positive energy.

STOP THE WORRY VOICE

We all have a 'worry' voice in our head and the skill is to shut it up. Inner chat saying 'What if the worst happens?', 'What if I fail?', 'What if I look ridiculous and people laugh at me?' This kind of self-talk is SO exhausting. Worry is a small thing that casts a big shadow, but if you are a worrier, take heart: in my experience as a success coach I've seen so many people quieten this bad habit

Decide to live in your future not the past; to focus on the solution, not the problem and view your world with an 'I can' attitude.

Worry is the misuse of your magnificent mind and imagination? Instead of saying 'what if I fail' retrain that inner voice to say 'what if I fly and succeed!'

Worry - THE FACTS!

Approximately...

40% of worries never happen. So why waste your energy? Why not wait until something happens and deal with it then, rather than waste energy on what is essentially a figment of your imagination?

30% are about the past. Don't look back, you're not going that way. You cannot change what has happened.

22% are small and petty and only **8% are real** (these are the only ones to take as challenges needing solutions or acceptance)

Replace the word 'worried' with 'concerned'. When you say 'I'm concerned' instead of 'I'm worried' it immeasurably alters your emotional state and focus goes to solutions.

STOP THE FEAR VOICE

Allowing fear to become a part of your self-talk will stop you getting to where you want to go. I've used the following mnemonic of the word FEAR for years:

• **F**alse • **E**vidence • **A**ppears • **R**eal

Are you living with fear or faith? Both thoughts of fear and faith are boomerangs that will come back to you as emotional states and feelings. These emotions shape your actions – or lack of action.



The biggest mistake you'll ever make is to be afraid of making one.

Say I **LEARNT** not I **FAILED**

Failure is not about falling down, it's about staying down. In life we all experience things that did not turn out as planned. The self-talk you choose to describe these experiences will dictate whether you gain from the experience or are diluted by it.

Use what has happened to motivate you.



List 3 old fears and doubts that have held you back. (These can be in any area of your life; career, relationships, hobbies, travels etc.)

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3.

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Now write down the impact these had on you and how they made you feel?

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2.

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3.

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Now replace fear with faith and positive belief.

**What would you do if you knew you couldn't fail?
Decide you want it more than you are afraid of it –
whatever 'it' is for you.**

One year from now, three years from now, ten years from now you will be more disappointed by the FEARS that stopped you taking action, the experiences you didn't have, the opportunities you didn't grab, the risks you didn't take, the doubts you didn't squash than by the things you actually did.

The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

- Michelangelo

Put the radio on, hit the upbeat positive station and blast out your inner voice on top volume, telling yourself all you can do, all that is possible, all your strengths and talents... The list of good things to listen to about yourself is endless.

*I'll see you over on episode 7,
Sharron X*

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