

## “POSITIVE SELF TALK”

Every person has internal dialogue, personal cheerleaders and, as some might say, the little devil and angel sitting on your shoulder. We know that commentary is a set of messages that play over and over in our minds and shape the reactions we have in life. But, with every circumstance, the hope is to sustain Joy and promote optimism.

This can be done with Positive Self-Talk.

“I am not good enough.” “He or she doesn’t love me.” “I am not an A or B student.” “I can’t do anything right.” “I don’t like the way I look.” “I need to stay in my lane.” Have you said these things while at work, home, school, or while looking in a mirror?

You tell yourself so many negative messages that you forget what is so great about you.

I always say “If you know better, you can do better.”

How many of these patterns of negative self-talk are affecting you? Fueling negative emotions; like fear, hopelessness, anger, regret, guilt? It is causing physical and mental anguish, like depression.

## TRY THIS EXERCISE

Write down some of the negative messages inside your mind that undermine your ability to overcome challenges. Be specific and write down who said the message; you, a spouse, a relative, a coworker, etc.

Now, for every negative message counteract that with a positive message. Keep trying until you have a positive truth; every negative has a positive truth that you must identify and learn to believe. Some negative words are hard to overwrite, because of the relationship of the person who said it and the time frame in which it has been in your mind. Old messages take more steps, be consistent with positive messages, and try to remove yourself from a negative environment.

1. Write positive notes to yourself.
2. Express to others how fabulous you are.
3. When you make a mistake—and you will because we all do—override it and look at it as growth, learn from it and know you are working to become a better person.

This is a process and mistakes are opportunities for personal enhancement. Also, trying to help someone else with positive self-talk works. You can then start to relate and understand there is beauty, quality, and purpose in everything and all that we are.

Positive self-talk is about recognizing the truth, and you must sit in your truth, no matter what it may be. Then you move forward, with gratitude and a realistic view based on the situation. Don’t make the mistake of using positive self-talk to see what you only want to see or tricking yourself into believing something. It is not a mental deception. Instead, positive self-talk is recognizing the complexities and conflicts within yourself. You are in a battle with your mind. And in that state, you are your worst enemy. Overcome it, make lemons into lemonade, except the imperfections, because perfection in yourself or anyone else is unrealistic.

When negative events or mistakes happen, Remember C.O.P.E

Conquer Fears

Own your Power

Persevere

Embrace your Journey

Practice positive self-talk and discover how rewarding and joyful life can be in any given situation.

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