



# OFF THE TOP OF MY HEAD!

ExecuCoach360 Newsletter

*"Finding Your Direction is Only the Beginning"*

## The Power of Positive Self-Talk

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From the time we were infants until about the age of eighteen, everything we heard and did was recorded in our brains and stored for life. Dr. Shad Helmstetter, Ph.D., bestselling author and life coach has been quoted as saying, "During infancy through our teenage years, we have been told NO on an average of 148,000 times." That statement alone was my motivation to choose the topic of self-talk (that little annoying inner voice) and the programming of our brain.

Our brain is similar to a computer. For example; computers have a hard drive, they are programmed, can store information and do crash. Our brain also has a hard drive, it can be programmed, stores information and yes at times can crash! The significant difference is that our brain ties the information stored to emotions and memories. Computers can be reprogrammed and so can we. With hard work, commitment and practice, we can reprogram ourselves to get back on a positive track.

Self-talk is known as our "inner voice". Yes, we all talk to ourselves, constantly telling ourselves how to act and feel. We were not brought into this world with a master's degree in negative self-talk. At a young age, the negative talk rooted itself into our sub-conscious.

It can be so powerful that at times it can talk us out of doing something before we even try. For example, I am sure that we all have been in a situation where we have said to ourselves, "I'm going to feel out of place at this

function," or "they will all laugh at me, I will make a fool of myself." A more positive saying would be, "I will feel comfortable at this function, and look forward to meeting new people," or "I look and feel great and will do an outstanding job at my presentation."

By becoming aware of our thinking patterns, we can reprogram our self into shifting our negative self-talk conversations to positive ones. Here are some tips:

**#1.** Replacing Negative Thoughts – Become aware of your negative thoughts and write them down. Begin questioning the thought and challenge it. Repeat the thought out loud by inserting positive key words versus negative words. For example, "I will be too nervous" to "I will be and am in control."

**#2.** Rubber-Band Snap – Put a rubber band around your wrist. Every time you catch yourself having a negative self-talk conversation, snap the rubber band. It will sting a little, but will help you be cognizant of the negative talk.

**#3.** Introduce Positive Energy – For your mind to be more optimistic and positive, develop more positive self-talk. Affirmations are a great way to begin and end your day with positive thoughts.

Remember, being patient and practicing these tips will help tremendously in shifting negative patterns into positive one.

### August Thought Provoking Question:

"What was the greatest accomplishment of your life? Is there anything you would desire to do better?"

### Quote of the Month -

"People in general will much better bear being told of their vices and crimes than of their little failings or weaknesses."

- Lord Chamberlain

### Did you know?

That this newsletter has 1501 words and should take 4 minutes or less to read? A small price for knowledge.