

SELF – TALK: AN INTRODUCTION

SELF-TALK

MOST OF US CARRY ON A SILENT CONVERSATION with ourselves during the day. These internal dialogues can actually direct your thoughts and behaviors. What we say to ourselves is a powerful motivator for success or failure. Understanding your own internal dialogue can help you learn to rewrite the "script" and help you achieve your goals.

Your success or failure in anything, large or small, will depend on your programming - what you accept from others, and what you say when you talk to yourself.

Your brain simply believes what you tell it most. And what you tell it about you, it will create. ***IT HAS NO OTHER CHOICE.***

The basic rule of your Sub conscious mind - whatever you put into your mind - in one way or another - is what you will get back out - in one way or another.

The only solution which includes all of the missing ingredients in any Self-development program is something called "**Self Talk**".

Self talk directly works on your "**Personal Onboard Computer**" which is your "**Sub-conscious Mind**". Many of us have been trying to achieve our goals with a bad program - our own onboard computer, our subconscious mind, which is pre-programmed to hold us back; based on our past beliefs and experiences.

The more you think about yourself in a certain way, the more you will think about yourself in that same certain way! The more you think about anything in a certain way, the more you will believe that that is how it really is.

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These are some of the frequently used negative self-talk on a regular basis by many of us:

I can't remember names.
It is going to be another one of those days.
It is just no use.
I know it won't work for me.
I am not lucky.
I am a clumsy guy.
I am not made for this.
I don't have the talent.
Today is not my day.
When will I ever learn?
I am not good enough for this.
It won't work anyway, why try?
Someone always beats me to it.
I lose weight but then I gain it right back again.
I get so depressed.
I'm just not a salesman.
That is impossible.
I can never speak to a group.
I hate my job.
I will never get it right.
If only I were smarter...
If only I had more money...
.... and on, and on, and on.

When you feed your subconscious with such continuous negative self-talk, you are programming yourself with wrong information - with that you can't possibly be as successful as you would like to be. Much of our self-talk is made up of the quiet nudges of self-doubts, the unspoken fears of little (or grand) failures, and the nagging discomfort of knowing that things aren't right.

Remember - The human brain will do anything possible you tell it to do if you tell it often enough and strongly enough.

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Keep it in mind that:

1. Programming through Self-talk creates Beliefs.
2. Beliefs create Attitudes.
3. Attitudes create Feelings.
4. Feelings determine Actions.
5. Actions create Results.

This is how our brain works.

If you want to manage yourself in a better way, and change your results, you can do so at any time you choose. Start with the first step. Change your Programming - Through Effective "Self-Talk".

What is Self-talk?

Self-talk is a way to override our past negative programming by erasing or replacing it with conscious, positive **NEW DIRECTIONS**. Self-talk is a practical way to live our lives by **ACTIVE INTENT** rather than by **PASSIVE ACCEPTANCE**.

Positive or Negative?

Self-talk is like a self-fulfilling prophecy - something you think about so much you actually make it come true. When your self-talk is positive - "Everything will work out;" "I know I can do the job;" - you are giving yourself permission to succeed, and chances are, you will. When your self-talk is negative - "I know I'll have a lousy time;" "I'm not smart enough to be supervisor;" ---you're giving up on yourself and chances are you won't even try to succeed. Often your self-talk reflects the values and behaviors you learned as a child, and the self-esteem you now have as an adult.

Thoughts and Behaviors

Self-talk can direct your thoughts and behaviors. If you think, "I know I can do the job," you'll be more willing to apply and have a better chance at success. If you say to yourself, "I'll never get hired for that position," you probably won't even apply, guaranteeing that you won't get the job.

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Stress Response

Negative self-talk can cause or increase your distress, and can make effects such as headaches or stomach pain worse. Self-talk can also encourage you to behave in destructive ways which further stress your body (No one cares, so why shouldn't I have another drink or a smoke?). Fortunately, positive self-talk can have the opposite effect, leading to lower stress levels.

Self-talk is the only "Internal" Motivation that lasts.

External Motivation is temporary - it can wake you up, but it will not keep you awake for long. Self-talk alone will. Self-talk is your "Own Internal Coach" who is available to you all the time - Free of Cost - for continuous Self-Motivation.

Self-talk is your best friend. Your closest ally. Your Strongest Believer. It will show you the best in yourself and help you achieve it. It will give you direction, put purpose in your stride, strengthen your will, and give you unquestioned belief. It is loyal to the end. It is the coach that never goes home.

Self-Talk is the ultimate Motivator.

SELF-TALK will never fail you - Because IT IS YOU.

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How to use Self-Talk?

You may write your own script. But the best thing is to depend upon someone who is good at it. Let them make a Self-Talk Cassette / CD for you on a topic of your choice. They work better when the voice on the tape is someone's other than your own. We tend to believe someone else telling us good things about ourselves before we believe ourselves. We grew up listening to outside voices of authority; we were conditioned to accept what someone else told us more than we were conditioned to accept our own opinions about ourselves. That is one of the things that becoming a self-directed Self-Talker changes. But for starters, an Outside voice works better. You may use the provided script (or make your own by listening to the tape).

Try and listen to them at least 5 to 6 times a day, each time with 3 to 4 repetitions - as follows:

- 1) As soon as you get up in the morning or while you brush / shave.
- 2) While you drive to work or at your work desk or at home - twice before lunch.
- 3) Once or twice in the afternoon session.
- 4) Once late in the evening.
- 5) Once just before you go to bed.

You may parallelly play (at very low sound levels) a soothing music of your choice for better effects; let not the music drown the Self-Talk Tape.

Try for 1 to 2 months before you start observing the positive changes in you.

Go Ahead and make a Vertical Take-off in your Lives.

You Deserve the Best.