



## Positive Self-Talk



When it comes to building an incredible life, there is no limit to what you can do. The only thing keeping you from reaching your goals is a lack of self-belief. Do you often tell yourself you can't do something? Are these thoughts preventing you from achieving your goals?

There are two kinds of beliefs that we form about ourselves: **Limiting Beliefs (Negative Self-Talk)** and **Empowering Beliefs (Positive Self-Talk)**.

**Limiting Beliefs break you down** and make you believe the lie that you can't achieve your goal. They tell you that you're not good enough, you don't have the means, or you're undeserving. Those beliefs are rooted in fear.

**Empowering Beliefs do the opposite.** They build your confidence and encourage you to take the risk and believe for a successful outcome. They tell you that, regardless of the circumstance, you are capable of succeeding. Believing positively about yourself empowers you to keep striving toward your goal without limiting yourself to negativity. Empowering beliefs give you the confidence to persevere through rough patches of negative thoughts.

### **Example of Limiting Beliefs (Negative Self-Talk) vs. Empowering Beliefs (Positive Self-Talk):**

**Negative:** I'll disappoint everyone if I change my mind.

**Positive:** I have the power to change my mind. Others will understand.

**Negative:** I failed and embarrassed myself.

**Positive:** I gave it my best and mistakes happen. I am brave and courageous.

### **Positive Self-Talk to Empower Positive Beliefs:**

We all do it. All day long, we have a running dialogue with ourselves. You may wonder how you accomplish anything at all if you actually pause and listen to these messages. You may talk yourself out of the early morning workouts. Then after a tough day, dread the thought of an after-work gym session and end up talking yourself out of that too.

Do you find it difficult to get motivated and stay motivated to reach your goals? Well, it all starts with your attitude. Your overall attitude can support or hinder your fitness intentions. Choosing to approach situations with a positive attitude can have an overwhelmingly positive impact on our motivation and

work ethic. But, of course, that can be a lot easier said than done. That's where the tactic of positive self-talk and positive affirmations can come in.

#### **How to Develop a Positive Self-Talk Habit to Combat Negative Self-Talk:**

- **Choose a Mantra or Affirmation:** To get started with creating more positive self-talk, choose a simple affirmation, such as "I am strong," or the mantra "Go, Go, Go," or another simple, positive phrase you can repeat over and over. [Read more on creating positive affirmations.](#)
- **Practice Multiple Scenarios:** Once you have developed the habit of repeating this phrase during practice to the point where it is automatic, start expanding the dialogue so that you have familiar and comfortable statements for a variety of situations. For example, if you are cycling and reach a hill, you might say, "I'm a great hill climber," or "I've done this before and it's doable."
- **Create a Positive Mental Image or Visualization:** The phrases and words you choose should be those that you can immediately call up and create a visual picture of yourself doing exactly what you say. The image along with the words is a powerful combination that creates a positive message tied to a belief.

#### **Benefits of Integrating Self-Talk into your Life:**

Self-talk can enhance your efficiency and general well-being. Several studies have shown that positive thinking can have a real-life impact on your mental and physical health. When you use affirmations and consistently use them, you're thinking about thinking. You take charge and become more self-aware of your feelings. This drives you towards a situation where you are more in control of your mind, as well as more aware of your own needs and desires. If you are interested in designing and customizing your own journey of self-awareness and inspiration check out the EHW [Purposeful Application](#).