

5 Secret Keys to banish negative Self-Talk Colin Slater 0419 568 043

1. What you focus on is what you get. Your brain will look for evidence to back up your instructions and beliefs.
Most people focus on the problem and not the solution hence it is more resourceful to seek solutions.
2. Take responsibility for your own emotional state. It is almost impossible to have a lasting relationship with another person if the one you have with yourself isn't healthy and supporting you. Be present, in the now, let go of the past and stop stressing about the future. This is the state where you can have the most influence on your life.
3. Set boundaries for yourself so that you allow time for self-care, self-love and self-worth. This means learning to say no sometimes if you are excessively pleasing others at your own detriment.
4. Consider failure as feedback and do not take it personally. Use it as a learning experience, Start a gratitude journal and write 3 things each day that you are grateful for. Notice the difference in your thinking after just three weeks doing this consistently.
5. Examine your self-talk and ensure your language is supportive, positive and nurtures you. If not then change it so it does. It starts with your thinking. What you did when you were a child may not serve you now as an adult. It can be changed to serve you better.