

Helping you get from where you are now  
to where you want to be.

## Positive Self-Talk

Numerous research studies have proved that the voice inside your head has a huge impact on who you are and how you live your life. They have also shown that, with practice, anyone can change their self-talk from negative to positive. Once you develop and maintain the habit of positive self-talk you will find it quite uplifting as it helps increase your confidence, enables you to attract what your heart desires, allows you to adopt a healthier lifestyle and helps reduce and relieve the stresses of daily living.

Actively using positive self-talk regularly throughout the day will help you re-programme your mind and establish new patterns of thinking. If, like many people, your pattern of negative thinking has established itself over many years it will take you some time to change and overcome it. To make the changes they want, most people find they need to start by consciously repeating positive self-talk about 50 times a day and this can easily be achieved by repeating positive statements either quietly to yourself or out loud.

Positive self-talk can be useful in many different areas of your life. It can help you overcome difficult situations, gain more confidence in yourself, help you to quit bad habits, recover quicker from illness or make changes to your life in general.

Popular phrases or statements used in positive self-talk include:

- *"This is an interesting challenge facing me" or "I'm going to enjoy beating this"*

Reframing statements like this can be used whenever a problem occurs or you are faced with some awkward or difficult task or decision. Thinking of the 'problem' as a 'challenge you will enjoy solving' is a very positive and empowering way of dealing with it.

- *"I like the person I am" or "I like myself and the way I do things"*

Statements like these can be used to bolster self-confidence and gain respect for yourself, your skills and abilities, and the way you live your life. Other statements that are often used are "I am the best", "I am a good person" or "I have many excellent qualities".

- *"I know I can do this" or "There must be a way"*

When you are faced with a task and you doubt whether you can achieve it, positive self-talk statements like this feed into your subconscious which then works out the ways in which you can do it. Similarly you could say "I have the ability to conquer this", "This doesn't pose a problem for me" or simply smile and say "Yes, I can do this 😊"!

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- *"I am full of health, energy and vitality" or "I'm feeling good today!"*

This can be used to encourage good feelings about your health, particularly after you have been unwell or while recovering from an illness, but it is equally good as a 'preventative' to keep you feeling fit and healthy.

- *"I am fulfilled and complete as a person"*

Statements like this encourage good general positive thoughts about yourself and the world in which you live. When you repeat them with conviction your subconscious locks onto them and works towards making them true.

It's a fascinating fact that while your conscious mind filters, checks and analyses everything you see, hear and feel your subconscious mind accepts everything that reaches it at face value. This is why dreams that seem wildly impossible to your logical conscious mind are totally plausible and accepted without question by your subconscious when your conscious mind is asleep. In much the same way, when you repeatedly use and believe positive self-talk statements you bypass your conscious mind, and your subconscious mind accepts them as fact and simply sets-to and does everything possible to make them come true!

If you would like to know more about positive self-talk or feel you need some help to make the most of this technique just [click here](#).