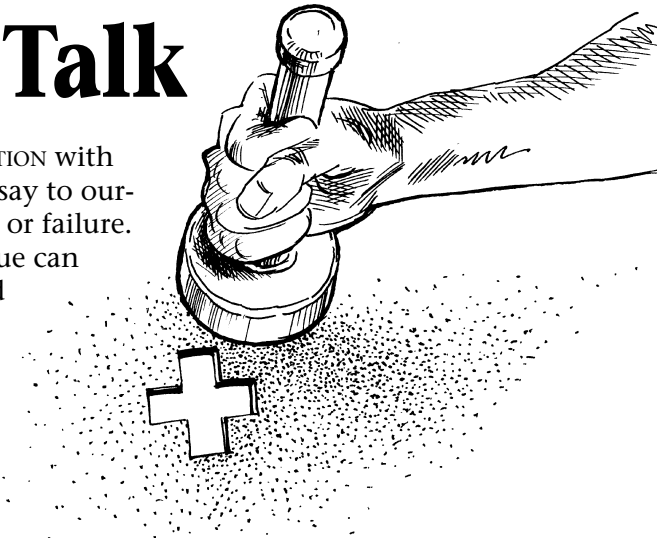




Positive Self-Talk

MOST OF US CARRY ON A SILENT CONVERSATION with ourselves during the day. 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.

Try this exercise in self-talk. In the first column, list some things you’d like to accomplish. In the second column, write what you’re saying to yourself right now about achieving that goal:



GOAL OR TASK	SELF-TALK
being chosen as a team leader on a work project	<i>I’m not sure I can do this.</i>

Now look at your second column. Does your self-talk support your goal? If it does, congratulations! You’re already using positive self-talk for this goal.

If the messages in the second column don’t support your goal, rewrite your self-talk so that it reinforces your goal.

GOAL OR TASK	SELF-TALK
being chosen as a team leader on a work project	<i>I have good skills and the experience to do a good job.</i>

Positive self-talk takes practice. Whenever you notice negative self-talk going through your mind, consciously throw the switch to the positive response—even if it seems unnatural at first. Positive thinking is a habit that gets easier as you do it.