Positive Self Talk

Emma Gibbs-Ng

Positive Self Talk: No more Ifs, buts or maybes

Are you aware of how you converse with yourself on a daily basis?

Are you creating limitations in your life by channelling in negativity?

Are you talking yourself out of becoming the best you can be because of your lack of confidence?

Keep your mind on what you want and say it out loud with conviction and belief.

How we speak to ourselves and to others about ourselves is a biggy. Yet so many of us are completely unaware of this. In order to stay focused and in the zone you need to make sure the language you use is motivational and positive too. If you are constantly putting yourself down and being negative this is going to show in your actions, thoughts and feelings.

No more ifs, buts or maybes, I can't, I couldn't, I should have, No Maybe, I might etc

I want you to say out loud right now...

'I SURRENDER ALL'

How we talk to ourselves on a daily basis leaves a massive impression on our minds and bodies.

If you are constantly talking in a negative way you will not only feel flat, demotivated and crappy but you will also be attracting all of those things into your life too.

You will unintentionally build an environment that is based on everything doom and gloom.

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Tell me if I am wrong, but I am pretty sure all the time you talk negatively about yourself; your goals, your success, your friends, your family etc, you end up feeling pretty flat about things.
Suddenly everything in life seems like hard work and nothing ever goes right for you.

Am I right?

Well, the good news is you can change all that by simply being nice to yourself and talking in a way that encourages you to feel good, supports your goals and attracts the right things into your life.

Start using the words I can, I will, I love, I am, I am going to, I'm excited, I can't wait, I love

Move away from the doom and gloom and straight away your mind shifts.

Like with everything I am sharing with you, this is a really important step to take to help you to transform your mind and create the life you want.

You can't escape yourself, therefore you really need to make sure what you are putting out to the universe and the world is positive and exciting.

Words leave a lasting impression on people and can sting if said in the wrong way. Simply by being mindful of how you talk and the words you say will really help you to become aware of the energy you are putting out to the world.

If you want to be successful and positive - you must use language that mirrors that.

Just before I run a live event or get on stage to talk I spend quality time talking to myself in a positive manner, using buzz words, affirmations and really get myself into a zone where I KNOW that no matter what I will deliever the right message, in the right way, exactly how i want to. There is no room for anything else.

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TAKE ACTION

Spend some time today be aware of how you converse with others and to others.

How do you talk to yourself on a daily basis?

Are you positive or negative?

What words or sayings do you have on repeat?

Are you a supporter of your success or are you standing in your own way?

How does your language make you feel?

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