

# 7-Mindsets *Self-Talk*

We all have our inner voice providing a constantly streaming 24/7 monologue on our lives. This inner voice combines our conscious thoughts with our unconscious beliefs and biases to serve as an effective way to interpret and process our daily experiences. Known as self-talk, this internal chatter can be cheerful and supportive or negative and self-defeating.

This voice is useful when it is positive, talking down fears and bolstering confidence.

Human nature is prone to negative self-talk and to sweeping assertions like, "I can't do anything right," or "I'm a complete failure." Your self-talk directly influences your moods, feelings and behaviors. Re-train your brain for success by learning how to identify negative self-talk and replace with self-talk that drives greater success and well-being.

## MINDSET

## NEGATIVE

Identify any negative self-talk related to each mindset.

## CHALLENGE

Think, "Is that really true? Are you sure it is? How do you know it? What evidence do you have?"

## POSITIVE

Now, re-state your negative, disempowering self-talk into positive, empowering self-talk that puts you in a success state. Alternatively, state the untruth in the worth you place in the entire category.



WORTH



CLARITY



VALUE



TIME



LEVERAGE



RELATIONSHIPS



MONEY

S  
S  
E  
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T  
M  
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L

