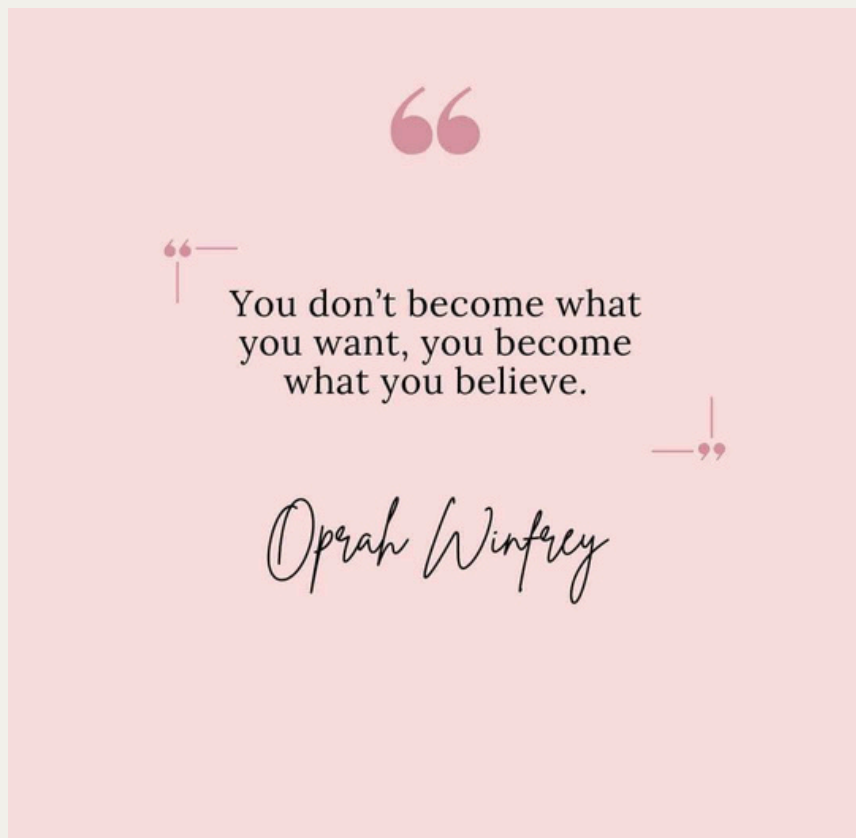


SELF-TALK



This is following on from the first blog in the Mindset Series. Our internal barriers that stop us from doing what we want are made by our thoughts. What we tell ourselves.

Self-talk is your internal dialogue. It plays a crucial role in shaping your mindset, emotional well-being and overall mental health. Everything you tell yourself your brain will automatically look for evidence to back your statement up. Your brain believes what you tell it because it can't differentiate between what is real and what is imaginary.

Your Internal Dialogue

How do you speak to yourself and how does it impact your feelings, emotions and actions? Let's look at mindset and confidence.

Negative self-talk such as "I'm not good enough", "I can't do it" and "everyone hates me" can lead to feelings of anxiety and inadequacy. Which leads to self-doubt, lack of confidence and self-worth.

Your emotional wellbeing is impacted by how you talk to yourself. If you are self-critical then you can foster stress and a depressive emotional state. Positive self-talk can boost your mood, give you motivation and create a happier mood.

Imagine telling yourself that you are enough and believing it. Try it now. What changes within you? How does your body feel?

Resilience

You are in a tough situation; something has happened in your life that has set you back. Changing how you speak to yourself can help you focus on solutions rather than keeping you stuck thinking there was no way forward.

"This always happen to me" "I am never going to reach my goal" "I should just give up"

This self-talk will only hinder your growth, make you feel like a failure, and you will want to give up. Looking for solutions and a way forward will foster resilience and help you find ways to keep moving forward.

“I can’t change what is happening, but I will find a way through” “This is a setback, but I am still able to achieve my goal” “I feel like giving up but I can do this, I just have to keep going”

How you speak to yourself is one of the most important things you should be aware of. Being aware of it, noticing the patterns is the first step to change.

Healthy Self-Talk Tips

Be mindful: Notice your self-talk and challenge negative thoughts.

Reframe negativity: Replace “I can’t” with “I can try” or “I’ll find a way”.

Practice gratitude: Focus on what’s going well in your life.

Encourage yourself: Use affirmations and uplifting inspiring statements.

TALK TO YOURSELF HOW YOU WOULD SPEAK TO A FRIEND

Self-talk is not just about motivation. It’s about cultivating a supportive inner environment to navigate life’s ups and downs.

So next time you notice you are being self-critical, bringing yourself down, feeling like there is no way out. STOP. Take a breath. And reframe it.

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The impact of doing this will change your life.

