

How To: Talk Yourself UP

"You can never leave footprints that last if you're always walking on tip-toe."
- Leymah Gbowee

DOWN TALK

- "I know I must sound crazy..." →
- "Sorry" →
- "I don't mean to bother..." →
- "I think I could make that work" →
- Downplaying your knowledge on a topic or situation →
- Not knowing how to respond to a compliment →
- Insulting yourself to others →

UP TALK

- "This may be new to you and I can clarify further..."
- "Excuse me"
- Ask your question directly.
- "No, that doesn't work for me."
- Valuing your knowledge over other people's comfort
- "Thank You"
- Practicing silence over insult

OTHERS TIPS:

- Reposition to a more confident posture when talking to others.
- Use a deep breath as a moment to positively filter your speech about yourself.
- Ask yourself before speaking "is this kind?"
- Take time alone to reframe your perception of yourself.
- What you have to say is worth more than filler words & phrases (um, so, I just, right?, like, etc.)