

A GUIDE TO

Positive  
Self Talk



# Becoming your best self begins with a healthy mind.

How you speak to yourself sets you up for success or failure because you ultimately become who you believe you are. You'll have a difficult time reaching your goals if you're constantly putting yourself down.

Think about it, when you speak poorly toward yourself, you hurt yourself. When your emotions are in overdrive because of these painful thoughts, you feel shame. Then, you negative self-talk some more: "I'm not good enough," or "I really messed up that conversation/insert action here!" and the cycle repeats itself. Essentially, a critical inner voice triggers exaggerated negative thinking and influences the choices you make.

When you become AWARE of the tiny voice in your head that speaks to you, you're able to redirect negative emotions, boost self-confidence and increase body positivity.

## **IT BEGINS BY CHANGING YOUR WORDS AND REPROGRAMING YOUR THOUGHTS TO BECOME YOUR OWN BIGGEST CHEERLEADER.**

The best way to begin a transformation is with a shift in mindset. Why? Because you can't shame yourself into a happy, healthy life. If you continually tell yourself you are fat, ugly, unworthy or worthless, sooner or later you'll begin to believe it. The result of negative self-talk is making poor choices based on these painful thoughts.

What if, when you look in the mirror, you **LOVE** the person staring back at you, just as you are? Mastering positive self-talk and boosting your confidence is the surest way to conquer your fears, kick your emotional eating to the curb and live the life you've dreamed of. So, let's break it down!

### **FIRST, LET'S START WITH THIS LITTLE ACTIVITY. WHAT YOU UNCOVER MAY SURPRISE YOU!**

Look at yourself in the mirror. What do you see? Who is that person? How you answer this question will either set you up for success or failure, because you will ultimately become who you believe you are.



The first time I (Kalie) tried this, I really struggled. I felt guilty complimenting myself, as if I was acting in arrogance. But, as I began to question my humility, a realization came to mind: *At what point did I stop seeing myself as worthy and* **WHY?**

We all have something to offer, a purpose in life, and deserve to be here. Thankfully, after a few minutes of self-reflection, my insecurities began to give way to positive self-talk, and I was able to put pen to paper.

Although it's difficult at first, try to focus on the **POSITIVE** traits you love about yourself that make you who you are. *Circle ten of your best qualities.*

## I AM...

A good communicator	Courageous	Helpful	Positive
A good friend	Creative	Honest	Practical
A good listener	Dedicated	Humorous	Proactive
A leader	Determined	Imaginative	Productive
A person of integrity	Disciplined	Independent	Punctual
A planner	Dynamic	Innovative	Reliable
Accountable	Easy going	Insightful	Resourceful
Active	Efficient	Intelligent	Responsible
Adventurous	Empathetic	Kind	Self-reliant
Ambitious	Energetic	Knowledgeable	Sincere
Artistic	Enthusiastic	Logical	Skillful
Athletic	Fair	Loyal	Spiritual
Attentive	Flexible	Open-minded	Spontaneous
Authentic	Focused	Optimistic	Stable
Brave	Forgiving	Organized	Successful
Calm	Fun	Outgoing	Supportive
Caring	Funny	Patient	Thoughtful
Charismatic	Generous	Peaceful	Trustworthy
Cheerful	Genuine	Perceptive	Truthful
Committed	Good at time management	Personable	Understanding
Compassionate	Grateful	Playful	Versatile
Considerate	Grounded	Pleasant	Vibrant
Consistent	Hardworking	Polite	Wise

Making a habit of negative self-talk is unhealthy and just as important to address, so let's make a list of some of these salty sayings you use on a consistent basis.

A few statements that I (Kalie) realized I needed to eliminate were:



**Go ahead, take a few minutes to jot them down!**

**LASTLY, THINK OF ONE GOAL YOU'D LIKE TO ACHIEVE OVER THE NEXT 6 MONTHS REGARDING YOUR SELF-TALK AND WHY IT'S IMPORTANT TO YOU.**

What **ONE** goal ignites a fire of excitement in your heart? This can be related to your appearance, abilities, personality or potential. It just needs to pertain to (and be meaningful for) **YOU!**

Here's an example:

*I want to love myself more and recognize when I'm being negative or overly critical of myself (especially when it comes to my appearance). This is important to me because it will help me combat my struggles with emotional eating.*

The number one reason we don't achieve our goals is because we don't recognize our roadblocks. Write down your biggest stressors and **REALISTIC** ways to overcome these challenges and crush your goals.

Here's an example:

*Every time I look in the mirror I see a nose that is too big and talk down to myself. To combat this, I'll put post-its with positive affirmations on my mirror so I'm constantly reminded of how beautiful, smart and worthy I am.*

My biggest **STRESSORS** are:

To **OVERCOME** my stressors, I will

## Your perception shapes your reality.

*"There are things known and things unknown, and in between are the doors of perception." - Aldous Huxley*

Your thoughts (and how you speak to or perceive yourself) are derived from past experiences, self-perception and ideas you've received from others. However, what you perceive to be true may not necessarily be true. These views could be something **YOU** tell **YOURSELF** are true, and are, in reality, far from it. This is where positive self-talk comes into play.

Your ideas are programmed through repetition and your surroundings. When you consistently subject yourself to negativity, you progressively begin to *believe, accept and live in* that negativity.

Essentially, if you continually tell yourself you're unworthy of something, sooner or later you'll begin to believe it. What happens next? You begin to make choices and take action based on those negative thoughts.

So ask yourself, *"Am I my own worst enemy (and biggest critic), or do my thoughts promote positivity and self-confidence?"*

## WHAT YOU'RE ACTUALLY TELLING YOURSELF...

Your negative thoughts and self-talk restrict you from reaching your goals. When you become aware of this hindering negativity and revamp your outlook, you give yourself permission to succeed.

Here are a few examples:

When you say: *"I don't know... I probably shouldn't try because it's out of my league."* What you're actually telling yourself is: *"Who am I kidding? I can't do that. I'm not good enough... I'll definitely fail so there's absolutely no reason to try."*

How can you rewire and reword your thoughts to motivate you?

You could say something like: *"If I do my best, I have a chance to succeed. But, even if I don't, I'll be so proud of myself for trying and giving it my all."* What you're actually telling yourself: *"I have a shot at succeeding, so I should try."*

OR, RATHER THAN SAYING  
"I'M BROKEN," ENCOURAGE  
YOURSELF WITH  
"I'M HEALING."

TURN "I'M A FAILURE," INTO  
"I'M LEARNING FROM MY  
MISTAKES AND WILL  
CRUSH IT NEXT TIME."

INSTEAD OF PUTTING  
YOURSELF DOWN WHEN  
SOMEONE COMPLIMENTS YOU  
(AND MINIMIZING IT WITH "OH, THANKS, BUT....")  
NEXT TIME,  
SIMPLY SAY "THANK YOU!"

The same goes for your appearance. When you say, *"I hate being fat,"* what you're actually telling yourself is: *"I'm unattractive. I'm unhappy. I'm unworthy."* Remember that positivity motivates and encourages you; negativity prevents you from making progress.

## HOW SELF-SABOTAGING KEPT ME FROM LIVING THE LIFE I DREAMED OF

All through high school, college and into my mid 20's, I (Kalie) felt a sense of shame and sadness. I told myself I wasn't worthy of things that I desired and I had a constant fear that my downfalls would be exposed. In my mind, it was just a matter of time before I'd be left alone and broken-hearted. Year after year, those negative thoughts intensified and I increasingly accepted them as truth. The outcome: I continually self-sabotaged, I ate emotionally and made poor choices based on those beliefs, often without even realizing it.

It wasn't until my late 20's that I became aware of what negative self-talk was, and began paying attention to how I spoke to and perceived myself. The frequency of my negative words was honestly alarming. Once I recognized how terrible I was talking to myself, I began making a conscious effort to sway any negative thoughts to a more positive outlook.

It took *time, effort* and *consistency*, but the longer I redirected and reshaped my thoughts, the more I saw improvement in my self-esteem. This new (**POSITIVE**) way of thinking became increasingly more natural over time. I still have to remind myself to rephrase certain statements or views on occasion, but for the most part, this mindset has become somewhat automatic (Hallelujah!). Now, years later, I'm able to love myself, better control my emotional eating and live the life I've always dreamed of.

## How to change your perspective

The first step to making positive change is to recognize when (and how) you criticize or judge yourself. When you become aware of the tiny voice in your head that speaks unkindly, think,

*“Does this perception serve me? Does it help me to grow as an individual?  
Does it allow me to love myself?”*

When you notice you're treating yourself unkindly (practicing negative self-talk), start infusing your thoughts with **POSITIVE** words or statements that'll **MOTIVATE** and **EXCITE** you, rather than dwelling on those that discourage you. It will take some time, but if you truly make the effort and stay consistent, you'll notice a change in your level of happiness and positivity.

A great rule of thumb: If you made the same comment to a friend and it would potentially hurt their feelings, you shouldn't say it to yourself either. You may not immediately recognize how it impacts you, but words sting the same—whether they're your own or someone else's.

### **SPEAK TO YOURSELF AS YOU WOULD THOSE YOU LOVE.**

When thinking about *great* friends, your mind probably goes through a list of people in your life, all of whom are amazing and supportive individuals. Now, think about the words and tones you use when speaking to the people you care about. Do you speak with respect, kindness and compassion? Hopefully, your answer is “yes.” *So, why would you talk to yourself any differently than someone you care about?*

When you really think about it, who better to love, trust, rely on, confide in, respect and cherish than yourself? So, why would you treat, talk and love yourself any differently than you would one of your greatest friends or most loved family members?

### **CHANGE YOUR WORDS AND REPROGRAM YOUR THOUGHTS TO BECOME YOUR OWN BIGGEST CHEERLEADER.**

Just like we said in the beginning, building your confidence is the surest way to conquer your fears, combat emotional eating and live the life you've dreamed of. Start by replacing your negative thoughts with **POSITIVE** ones. Think about all the things you can achieve, how you can feel or who you hope to be. Seek out thoughts that **MOTIVATE** and **EXCITE** you rather than discourage you.

Diverting your thoughts is a process that takes practice. Don't get discouraged. If you've had years of hurt and negativity, it'll take some time to accept the positive scripts in your life and create a healthy self-image.

Remember, it is possible! **YOU ARE WORTHY** and the possibilities are **ENDLESS**.

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Let's walk away from  
*"I am not enough"* and into

*"I am worthy"*

– together!

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# LET'S PUT IT INTO ACTION!

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## THIS WEEK

- Start each morning by reading over the list of positive attributes you used to describe yourself. Pay attention to the positive characteristics and qualities you exhibit and remember all the reasons why you are worthy!

Focus on how you speak to yourself, evaluate your intentions and rephrase negative statements into positive ones. Remember, if it would potentially hurt a friend or family member's feelings, you should not be saying it to yourself.

Whenever you begin to speak negatively to yourself, think back to the goal you'd like to achieve over the next 6 months regarding your self-talk and WHY it's important to you. Remind yourself that your words impact the choices you make and actions you take. Are you setting yourself up for success or hindering yourself from achieving your goals?

- Listen to the positive self-talk mediation we included in Unit 3's resources any time you find yourself voicing negative statements.

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## END OF THE WEEK REFLECTIONS

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### Practicing positive self-talk helped me realize....

The thing that surprised me most about how I talked to myself over the past week was.... (Consider when or where you find yourself typically voicing each of the negative statements you revealed.)

*Example: How often I made negative comments toward myself when I looked in the mirror. How I tend to see others at the gym, compare my body type to theirs and then put myself down because of it. How I speak to myself after eating.*

I found it \_\_\_\_\_ to redirect and remove these thoughts.

Example: *Difficult. It was something I had to continually come back to.*

One small step that I can take to add more of this in my life is....

Example: *Put reminders in place such as putting a positive mantra on my phone, adding post-its with inspiring messages on my bathroom mirror, listening to Unit 3's guided meditation every morning or journaling for 2 minutes about how amazingly awesome I am each night.*

When you have something to remind you of your goals it makes it much easier to push forward through the hard times.

Remember, when you stop *finding* and *focusing* on your faults, **POSITIVE CHANGE** is so much easier.

**LET'S KEEP IT LIGHT AND POSITIVE – TOGETHER!**