

## Episode #38 – Positive Self Talk



Here are the five steps to how create positive self-talk:

1. Observe your own commentary. Become aware of what you're saying to yourself.
2. As soon as you notice that you're speaking to yourself in a less than loving and compassionate way, remember, you are the Observer. Observe neutrally, without judgment and give that observer a voice. "I notice you're being hard on yourself."
3. Next, think about how you would speak to your child or your best friend. Apologize to yourself for having spoken that way. "I'm sorry for going off on you." Then replace the negative self talk with something more compassionate. Use words that express what you need most in your relationship with yourself: self -acceptance, self-support, or whatever you need. For example: "Even though, you don't like how you reacted, I still totally and completely love and accept you" [L] [SEP] or "This isn't failure, it's learning and it's growth"
4. Practice! With anything, even when you are a trained professional, you will always be human, and this will always require you to hone your skill. [L] [SEP] As a suggestion, you could start every morning greeting yourself and asking you, "What words would be helpful for you to hear from me today"?
5. Be gentle with yourself. You're likely new at this. It's a new tool in your tool belt. Use it with loving- kindness.

We'd love to hear what you notice as you start to speak more compassionately and accepting to yourself. If you haven't already subscribed to the podcast, ReThinking Leadership, serving fresh ideas over coffee, please do so below. Looking forward to your comments and to cheering you on in your progress!

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