

What To Say When You Talk To Yourself by Shad Helmstetter

- 💡 Repetition is a convincing argument
- 💡 We become the living result of our own thoughts; I will become what I think about most
- 💡 How successful I become is tied to the words and beliefs about myself that are stored in my subconscious mind
- 💡 I control everything in my life (my health, relationships, career and future) with my mind
- 💡 I can do amazing things with absolute belief
- 💡 The more I believe something, the more my brain will accept other similar ideas
- 💡 My subconscious is unbiased about what I tell myself; it simply listens, believes and carries out the directives
- 💡 Programming → Beliefs → Attitudes → Feelings → Actions
- 💡 I am reprogramming my subconscious each day with better and better self-talk
- 💡 I am using Level II and Level III Self-Talk to change my mind and my reality
- 💡 I state my decisions as though desired changes have already taken place
- 💡 I never have a problem connecting with and appreciating people
- 💡 I never eat when I'm not hungry; I never eat more than I should
- 💡 I actively look for ways to contribute to others
- 💡 I enjoy getting things done well and ahead of time
- 💡 All external motivation is temporary
- 💡 I rely on myself to always automatically and unconsciously energize my spirit, focus my attention and keep me in tune, on top, in touch, and going for it
- 💡 Personal responsibility is the bedrock of all individual action
- 💡 When I improve myself, the things that I would like to have in my life follow naturally
- 💡 The more successful I become on the inside, the more successes I automatically create on the outside
- 💡 Types of Self-Talk: Silent, Self-Speak, Self-Conversation, Self-Write, Tape-Talk
- 💡 When I speak, each of my statements is a directive to my subconscious mind
- 💡 Winners use self-speak to build an attitude that produces winning results
- 💡 Speaking aloud to myself forces me to clarify my thinking by putting my thoughts into words
- 💡 Self-talk works best when I focus on root causes vs. symptoms
- 💡 I am successful at managing myself; and as a result, effectiveness at managing others
- 💡 I am worthy, deserving, capable and willing to serve more; and thus, earn more
- 💡 I talk to myself in the right way each day to continuously achieve my goals
- 💡 I always do everything I need to do, when I need to do it
- 💡 I never argue or let my emotions work against me
- 💡 I seek out old negative habits and actively reprogram myself through holistic self-talk covering the root causes
- 💡 I create supportive environments to feed and support my decisions to change
- 💡 I protect my attitude and use it to project the best of me
- 💡 I take full responsibility for everything about me - even the thoughts that I think
- 💡 I am responsible for what I think/feel/say/do and what I tell myself about me; and choose to leave nothing to chance
- 💡 I always meet all of the obligations which I accept; and I don't accept obligations which I will not meet
- 💡 I am trustworthy and can be counted on to do what I say I will do
- 💡 I like being around others and they like being around me
- 💡 I believe the very best about myself; and am sure that my attitude always supports me by giving me the courage and conviction to live my life in the most fulfilling and positive way possible
- 💡 Overcoming problems and accomplishing goals are one and the same
- 💡 I am great at solving problems; I love challenges and I meet them head on
- 💡 I am great at breaking large challenges into smaller pieces that are easier to handle
- 💡 I know what to do, when to do it; and I do everything I need to do, when I need to do it
- 💡 I never waste time - I always plan time; and because I plan my time, I always have time to do the things I choose to do
- 💡 Each day, I become more organized and in control of all areas of my life - at home, at work, in my mind and in my thoughts, in everything that I do
- 💡 I leverage simple and direct self-talk to deal with every facet of the challenges I face and goals that I want to achieve
- 💡 I use the right words to give myself the motivation that I need whenever I need it
- 💡 I set goals and I reach them; I know what I want out of life - I go after it and I get it
- 💡 I know that I can accomplish anything I choose; and I refuse to let anything negative hold me back or stand in my way
- 💡 I trust myself
- 💡 I know that what I believe about myself is what I will become, so I believe in the best for myself
- 💡 I never limit myself by the short-sighted beliefs of or about others - instead, I open myself up to unlimited possibilities
- 💡 I have drive, spirit, stamina and endurance; I have a good strong winning attitude about myself and about everything I do
- 💡 I have the ability to focus on one thing at a time, so I concentrate my attention on the job at hand - and I get it done
- 💡 Nothing can stand in my way; I generate energy, determination, power and patience to overcome challenges and achieve my goals
- 💡 I begin each day with a clear mind and a specific plan to get the most from my time and my effort; I follow my plan and I reach my goals
- 💡 I know how to listen - and I do; I have learned to hear not only the words being said, but I also listen to the unspoken thoughts behind them
- 💡 I am always prepared and take the time to do things right; I am confident, self-assured and successful
- 💡 I talk to myself all day every day - to reprogram myself for success in all parts of my life
- 💡 My brain is a powerful machine; I absorb, understand and remember vast amounts of useful information - ready to use at the appropriate time
- 💡 I always focus on the present - knowing that this is the only moment that I truly have to make a difference
- 💡 I nurture my body which strengthens and supports my mind; I nurture my mind which strengthens and supports my body
- 💡 I set myself up for success by getting my mind right before any task or encounter
- 💡 When things don't go my way, I look for what I can learn and rely on my new programming to take a more helpful perspective
- 💡 I never react; I respond - with an attitude of gratitude, appreciation and contribution
- 💡 I leverage situational self-talk to change how I see things during challenging moments

- 💡 I put the useful things that I learn into practice immediately
- 💡 I listen to the self-talk of others to determine their motivations - and see where I can add value
- 💡 I give myself every opportunity to improve my programming by practicing all forms of positive self-talk (spoken, silent, recorded, situational)
- 💡 I enjoy meeting great people, learning about them and determining how I can add value to their lives
- 💡 I get energized by great conversations and knowing that I can make valuable contributions to others
- 💡 I create time for the activities that accelerate success; I choose how I invest my time and take pride in creating beneficial results
- 💡 I create, read and listen to new self-talk scripts to improve each area of my life
- 💡 I experiment with self-talk audios to find the optimal length and background music for each area