POSITIVE SELF-TALK: YOU ARE WHAT YOU THINK

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**LEARNING OBJECTIVES**

Following the presentation, participants will:

| Evaluate the impact of subconscious messages on thinking | Discover four steps for practicing positive self-talk | Practice changing negative self-talk thoughts to positive ones | Generate personal examples of self-talk |
FORMULA
SELF-TALK

• Mind is like a computer...
• Programmed by the messages it receives

LAW of REPETITION
EXPERIMENT: MAKE IT MOVE
WHAT IS SELF-TALK?

• The type of *subconscious* talk that constantly plays in the back of our minds

• Things we think, but don't say

• Things we tell ourselves about
  • ourselves,
  • our job, OR
  • our life

...but *don't rationalize or justify before we say them.*
WHY DOES POSITIVE SELF-TALK WORK?

Programs the brain to work from a perspective of:

– I can
– I will
– I am capable
STOP  
Negative talk!

QUESTION YOURSELF  
Why am I thinking negatively?

CHANGE  
I can’t to I CAN

PRACTICE  
Say 3 positive things a day
PRACTICE

• Change the statement from a negative thought to a positive one
PRACTICE

In groups of 4-5 people:

• Blow up balloon to a medium size

• On your turn, ROLL dice:
  Even #
  • State **1 positive thing** about yourself (character trait) by using your name in the statement
  • Add a breath to inflate the balloon
  • Friend records response on a post it note

  Odd #
  • Let a breath of air out of the balloon

GOAL: Have the biggest balloon in group
Take a moment to appreciate how amazing you are

Yes, you!
SELF-TALK APPLICATION VIDEO

https://www.youtube.com/watch?v=iHfsIzHQ5ac