



POSITIVE SELF-TALK: YOU ARE WHAT YOU THINK

PRESENTED BY:

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LEARNING OBJECTIVES

Following the presentation, participants will:

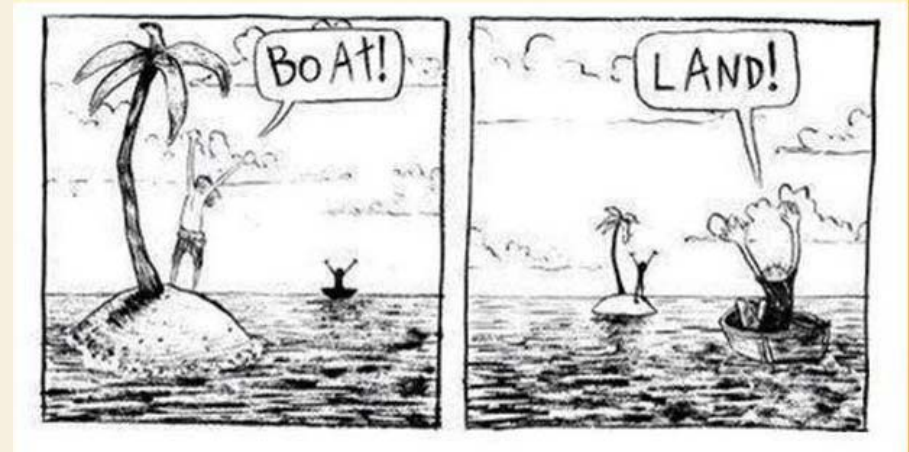
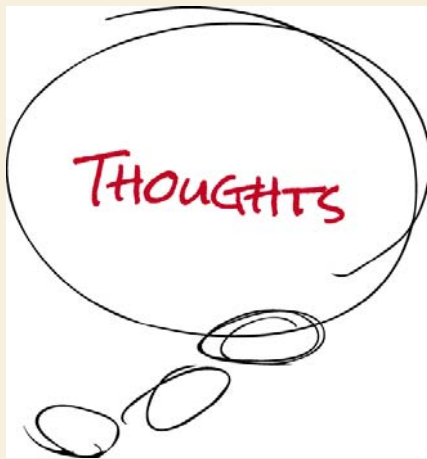
Evaluate the impact of subconscious messages on thinking

Discover four steps for practicing positive self-talk

Practice changing negative self-talk thoughts to positive ones

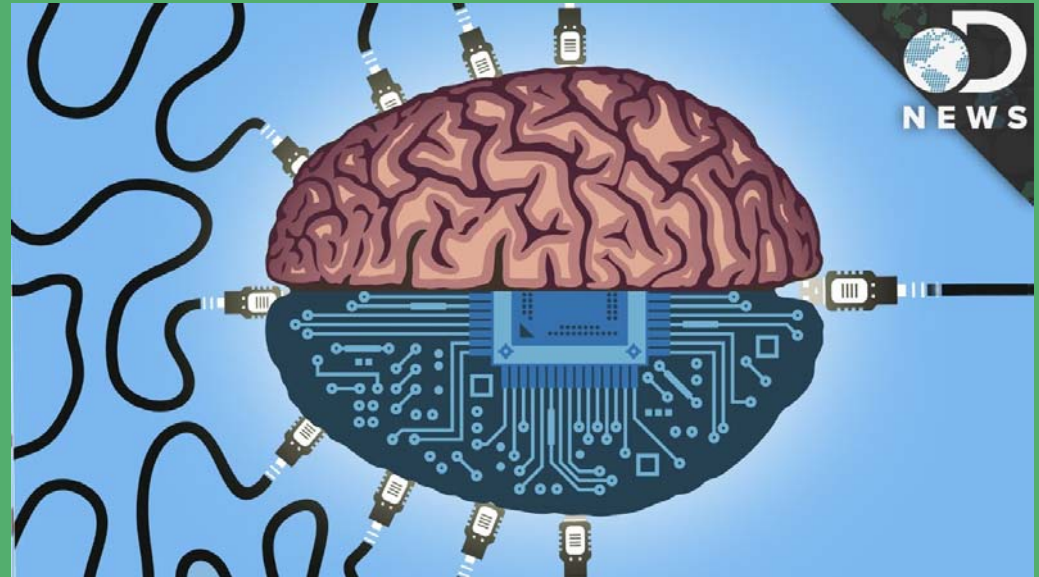
Generate personal examples of self-talk

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*



*if you
can dream
you can
do it*



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=iHfslzHQ5ac>



Positive Self Talk: The Great Mental Health Experiment #9