

Mindset: Self-Talk

Audience: All Group Size: N/A

Purpose

A How-to Activity to further the Art of Leading Oneself

Description

Self-Talk is the way your mind speaks to you in all situations, from daily routines to difficult life events. It is the voice that can either encourage you or chastise you. This inner voice can lead to undesirable behaviors, from a lack of self-confidence all the way up to full up narcissism. The good news is that by listening to your inner dialog and shifting it to become more in line with what you really want, you can transform your life.

Execution

Self-Talk Instructions:

Now carry this forward, recommend doing this exercise to increase your self-awareness and ability to manage how you perceive things, which affects how you react.

- Carry a small notebook (recommended) or use the notes on your phone for a week or two.
- Observe the exact self-talk you do on a daily basis — not the general.
- Note the following:
 - Was your self-talk mostly positive or negative? NOTE: The key to this step is to simply stand back and listen to the tone of your Self Talk, without making any adjustments just yet.
 - What emotions relate to it?
 - How did the instances relate to each other, what categories do they fit in?
- Decide what type of Self-Talk you want to hear. If you want to be more positive, look at the various situations throughout the day and see how you can change your perspective.
- Once you're good at identifying your self-talk use it in a conversation i.e.: look at something and talk about it and see where the thoughts take you.
- At first it's weird and hard because self-talk can be hard to identify, once you start talking you change it, and you worry you might say something judgmental. With experience you get over these things.

Practice Changing your **Words** to Change your **Mindset**:

From: Nobody can do it but me.	From: This is done well enough	From: I will never do it like they do.	From: I can't do it.
To: Did I take the time to train & develop them?	To: Does this represent my best work?	To: What can I learn from them?	To: I am going to train myself to do it.
From: I do this very well.	From: I give up.	From: I made a mistake.	From: No one understands me
To: I'm on the right path	To: I'm going to use some strategies that I learned.	To: Mistakes can help me to learn better.	To: What am I not communicating?

References

- Stop Negative Self-Talk Video Exercise: <https://www.youtube.com/watch?v=HOSAVGnQ5Xo>
- Positive Self-Talk Worksheet: https://docs.education.gov.au/system/files/doc/other/area_a_personal_management_-_positive_self_talk_0.pdf