Power of Positive Self-talk

Many years ago, I read a book on the power of Self-talk and dismissed it as an interesting but not a practical approach to getting things done. Thankfully, I rethought the process and found it a useful tool to change my writing and editing behavior.

Self- talk thoughts are more effective when written down and said out loud multiple times during the day. Unfortunately, Self-talk can be destructive as well as constructive. Naturally, I recommend the constructive forms of self-talk. They are more beneficial when phrased in favorable terms. Positive Self-talk should be statements that are insightful, thoughtfully constructive, self-reflective, and motivational. See yourself as capable of accomplishing your desired outcomes.

Here are a few examples of positive self-talk focusing on writing.

"Today, I will write 1,000 words."

"Today I will research subjects that will advance my writing project."

"Today, I am going to spend at least 45 minutes editingmy writing project."

"Today, I will be grateful for the ideas I generate."

"Today, I will use visualization.to see the direction of my writing project."

"Today, I will contact those people who can help me with my writing project."

Now a few examples of positive self-talk focusing on you

"I am good at what I do. I give myself credit for completing an assignment."

"I am going to carefully consider my options before making an important decision."

"I accept myself as who I am and will enthusiastically approach my tasks."

"I am a happy person."

Okay, now create your own positive self-talk statements that relate to your needs. A word of caution keep your self-alk to one, two, or three topics initially. Positive Self-talk will improve your writing and self-esteem. You will feel good about yourself, and it will show in your interaction with others.

Want to realize your dream? Read Soar Without Limits. Send us an email and tell us how we can propel you on your journey.