

'Ordinary Magic'

HOW TO TRANSFORM NEGATIVE SELF-TALK IN 5 STEPS

1

THE VOICE OF THE INNER CRITIC

As humans, we have a negativity bias, a tendency to hold on to what is wrong. What negative self-talk do you fall back on after a disappointment or set-back? Write down one of these statements as the voice of the inner critic.

2

A BRIDGING STATEMENT

Challenge this voice. What evidence do you have where this is not true? Where have you observed something different? What would a friend say? Find a statement that is even slightly more positive. It must resonate with you so that you can say it with conviction.

3

THE 21 DAY CHALLENGE

Take this bridging statement & write it down, say it or look at it every day for 21 days. As a rule of thumb, this is how long it takes to embed new habits, which can include habitual thinking.

4

THE VOICE OF THE CHEERLEADER

Now that you have shifted into a more positive thought pattern, see if you can super boost your self-talk with a positive statement. This may be the opposite of the inner critic or a general acknowledgement of your strengths & achievements.

5

A POWER WORD

Again, use this positive statement every day. Say it out loud. Write it down. In your own time, see if you can distil it into a power word. Recite & write this regularly to remind yourself just how amazing you are!