

## Monitoring Your Self Talk

We all talk to ourselves and what we say in these internal conversations can greatly influence the quality of our lives. Our self-talk can either support us or immobilise us.

Positive self-talk energises us, and conversely, negative self-talk drags us down. We have a choice, and when we learn to identify our negative self-talk and re-write it positively, we create different responses both from ourselves and others around us.

It's true that your energy flows where your attention goes. Creating positive self-talk takes time, patience and practice.

- Monitor your self-talk – become aware of it and how it runs your life
- Choose one area and apply it daily
- Create visible prompts, e.g. post-it notes, fridge magnets, screen savers etc
- When the negative self-talk returns, gently remind yourself about positive self-talk, rather than beating yourself up by adding more negativity such as, "I'll never get the hang of this self-talk!"
- Persist – it takes time and effort
- Notice improvements and achievements, either in yourself or responses from others
- Celebrate small steps

## Self-esteem

On this page write 10 things you like about yourself, or things you do well.

1.

---

2.

---

3.

---

4.

---

5.

---

6.

---

7.

---

8.

---

9.

---

10.

---

## Improving your self-esteem

- 1.** Be aware of your self-talk and turn negatives into positives.
- 2.** Use visible, positive affirmations.
- 3.** Think of the qualities you admire in other people and how you can build them in yourself?
- 4.** Set goals and action plans.
- 5.** Read self-improvement books for inspiration and advice.
- 6.** Improve your physical fitness or physical self-image.
- 7.** Mix with positive people, and avoid negative people.
- 8.** Take control and be proactive. Live and lead your life (you're the only person who can).
- 9.** Clarify your values and goals. Live your life in accordance with them.
- 10.** Exercise self-compassion for and forgiveness of others and, most importantly, yourself. It's okay to make mistakes; you just need to learn from them!

## The Good Self-esteem Cycle

