

Self Talk for Success

The basis of any good and healthy relationship is how you feel about yourself. How you feel about yourself is largely determined by what you are saying to yourself each and every day. Is what you are saying to yourself building your self-confidence and esteem or hindering it?

Whether you are at home, work or by yourself you are continually processing information as well as talking to yourself. What you say to yourself on a daily basis will determine how you feel and how you perform on any given situation. Research has shown that most people have approximately 60,000 thoughts per day. What is interesting is that most of these thoughts are negative. Most people's thoughts have been greatly influenced by their past programming from their education, environment and experiences. In order for people to achieve better results, they must replace their negative thoughts and beliefs with powerful, positive and productive ones that move them in the direction they want to go.

A powerful way to help you achieve magical results is through the use of effective affirmations. The word affirmation comes from the Latin word *affirmae*, meaning "to testify to the truth of a thing," "to assert a fact," or "to make something firm, solid, hard, real." To declare a truth is to make it a fact in your life. Most people are using affirmations every day; however they are affirming negative beliefs about themselves.

Thoughts and speech have the power to heal you or make you sick, make you wealthy or poor, and happy or sad. Whether you are speaking silently or out loud to yourself, you are attracting whatever is conveyed in your speech. Why not put great words of power into your thoughts and speech to produce a good feeling and to attract more of what you want.

The following is a guide to create effective and powerful affirmations:

1. Identify a negative belief or self-talk that you would like to replace (such as "I am shy/insecure")
2. Write down a new affirmation that is:
 - **Passionate:** It should excite your imagination to produce an image of the new thought.
 - **Positive:** Focus on what you want instead of what you don't want (confidence instead of not being shy).
 - **Personal:** Focus on yourself and use "I am" statements instead of focusing on other events and people. In order for things to change, *you* must change.
 - **Present:** Always state the desired result as an accomplished fact now. Whether you focus on the past or on the future, you are doing it now.



Example: If someone wants to be more confident, then their effective and powerful affirmation could be, “I am calm, confident and have a cheerful state of mind” instead of “One day, I hope to be confident.”

Have fun creating your affirmations by using alliterations (words that sound the same in succession)... I am harmoniously happy and healthy. Alliterations hook your mind into remembering them more easily.

Here are a few simple affirmations that I use:

- I AM Wonderful, Wealthy and Wise.
- I AM Strong, Successful and Sensational.
- I AM Powerful, Passionate and Persuasive.

3. Start using your affirmation with the RAP Method:

Repetition: Repeat your affirmation often; when you get up in the morning, throughout the day, and before you go to bed. Set a specific goal of how many times you will repeat your affirmation each day. At anytime you revert back to your negative belief or self-talk, immediately repeat your affirmation.

Authority: Say your affirmation with authority and conviction. The more you believe in what you are saying, the greater the change will be. If you find this a challenge, then *act as if* the change you want has already occurred. For example, if you want to be confident, then *act as if* you are already confident and then say your affirmation.

Peace: Take a deep breath in and out, clear your mind, and then say your affirmation. Having a clear and peaceful mind with little resistance will be more effective in programming your subconscious mind.

My challenge to you is to create three powerful affirmations that you use on a daily basis for the next 21 days. Once you have done this, notice the new feelings and behaviors that arise from yourself.

Everything starts in the mind and your speech reflects your thoughts and beliefs. All the magic you possess is based on your word. You can either live your life by chance or choose to spell out the life you want.

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Wayne Lee is a hypnotist, author and peak performance expert who is committed to entertaining, educating and helping people empower themselves to get the results they want. Wayne works with organizations and groups that want to be highly entertained and be more productive. For more information on Wayne’s motivational presentations and hypnosis shows please visit www.waynelee.com.

