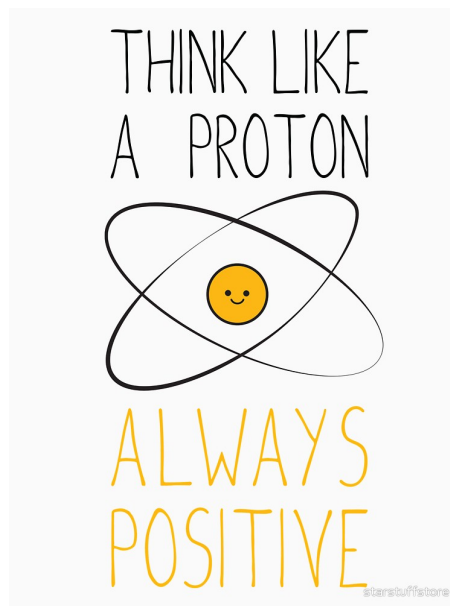




## ***POWER WASH Negative Self-Talk***



### **Recognize it, Power wash it, Embrace Clean & Clear**

When you face a challenge, when you choose not to take action, when things don't turn out the way you hoped, when you are frustrated, when you're feeling less than ideal in any respect, it's time to slow down and ask yourself, "What am I saying to myself?" **Does it possibly start with...**

- I can't because...
- If I do this, \_\_\_ will happen....
- I'm not ready to....
- I don't have the skill for...
- I'll never be as good as....



**Are you interested in bringing a program on stress to *your* workplace?**

Contact me to learn more about my workshop, "**Stress is an Inside Job**".

Two key pieces of this workshop are:

- 11 Irrational Beliefs
- 15 Styles of Distorted Thinking

If you'd like a copy of either of those, email me!

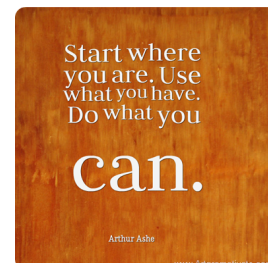


Figure out what you're saying, then challenge those thoughts. Sometimes just identifying them and saying them out loud is enough to wake you up that what you are telling yourself is negative, not realistic, holds you back, undermines your self-esteem or is maybe just plain ridiculous. Sometimes you need a power washer.

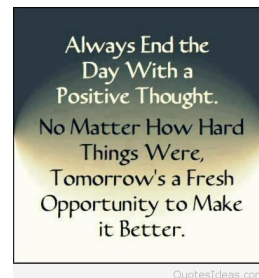
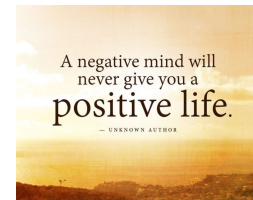
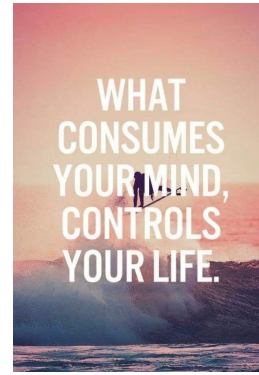
***If it's negative or limiting, make an agreement with yourself to blast away that negative thinking.***

So what good is it to power wash your deck or patio if you never go out to sit on it, to embrace the clean and enjoy it?

It's the same with your thinking. If you don't immediately replace the negative thinking with a motivating, energizing and positive statement, it's a waste of time. So commit to replace your negative thought with the positive that you want to tell yourself. Then post that positive statement where you'll see it. You could try placing it on your bathroom mirror or put it inside a notebook or Ipad case, or maybe even on your screensaver or sign-in screen. Embrace it, live it and watch the change it can make.

Negative thinking affects the chemicals in our brains, and can create a chain reaction of stress and ultimately cause illnesses. Just google "negative thinking" and you'll see tons of research about how negative thinking affects our brain, our mood and our ability to function. Likewise, google "the affects of positive thinking" and you'll see how it favorably impacts both our brain and our cardiovascular health among other things. I'm not a researcher of either, and I'm not going to attempt to share all the research that's easily accessible about this subject.

What I do want to share is that even highly successful people have negative thoughts about themselves from time to time. The key is to



## Upcoming Newsletters

### December

Be Your Own Champion

### January

Intellectual Honesty -

recognize when you are doing that to yourself and be conscious about your thoughts. The conscious mind can only hold one thought at a time, and you get to choose what that thought will be.

**If you think you can't do something, then find out how you can.** What are your obstacles? Instead of constantly stepping over, tripping over or walking around them, stop and take time to recognize the obstacles in your path, identify them, name them and brainstorm ways to remove them.

Do you feel stuck and don't know why or how to move forward? I can help. I help my coaching clients identify hidden obstacles, find ways to remove them and pick up speed on the path to their goals. Need a little help? Contact me for a complimentary 30-minute consultation.

You are what you think! Change your mind; change your life!



*Click below to schedule time with me.*



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