

Benchmarking Positive Self-Talk

In the spaces below look for three scenarios where you find yourself communicating positive, engaging, and uplifting thoughts and emotions. Then do the following:

First, it is important that you identify events and experiences that normally “trigger” a positive feeling state.

Second, it is important to develop an awareness of the current internal language you use when speaking to yourself.

in the spaces below, write down what you normally say to yourself in each positive situation.

Positive Situation #1: _____

What I normally say to myself when things are going exceptionally well:

Positive Situation #2: _____

What I normally say to myself when things are going exceptionally well:

Positive Situation #3: _____

What I normally say to myself when things are going exceptionally well:

Re-scripting Your Self-Talk (Part 2)

In the spaces below look for three scenarios where you find yourself communicating negative, depressing, angry or any other disruptive thoughts or emotions, then do the following:

1. Identify the events and experiences that normally “trigger” a negative feeling or state.
2. Write down what you normally say to yourself in these negative situations.
3. Re-write your thoughts and communications to yourself in a more positive fashion.

Repeat this exercise as often as you can. The more you are able to “consciously” change your negative thinking patterns, even replace them with thinking patterns used during positive experiences, the more likely you will be to develop these as permanent thought and communication patterns during difficult or challenging times.

Challenging Situation #1: _____

What I normally say to myself when things are going poorly:

New internal dialogue that supports positive attitudes and feelings:

Challenging Situation #2: _____

What I normally say to myself when things are going poorly:

New internal dialogue that supports positive attitudes and feelings:

Challenging Situation #3: _____

What I normally say to myself when things are going poorly:

New internal dialogue that supports positive attitudes and feelings:

Challenging Situation #4: _____

What I normally say to myself when things are going poorly:

New internal dialogue that supports positive attitudes and feelings:

Challenging Situation #5: _____

What I normally say to myself when things are going poorly:

New internal dialogue that supports positive attitudes and feelings:

Building General Affirmations

Below, generate five self-statements that will engage, inspire, or build your overall confidence. Review these every day for one week and utilize them as often as possible.

Positive self-statements should adhere to the following standards.

Affirmative: Describe what you want instead of what you don;t want.

Personal: The words “I” or “my” should be in the statement.

Present tense: Write as if the situation is currently happening of has already happened.

Feeling-based: Use words with specific emotions linked ot them.

Specific: Clearly state a concise goal, truth, or vision

Only about you: Don’t compare yourself to others, especially in your affirmations!

1.

2.

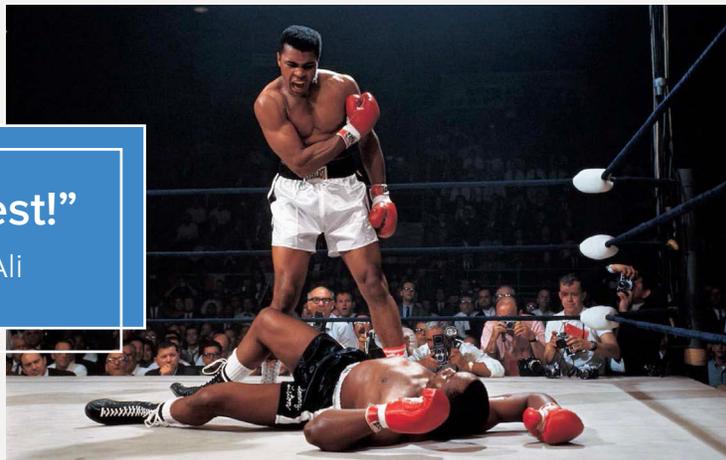
3.

4.

5.

“I am the greatest!”

- Muhammad Ali



Context Specific Affirmations

Below, consider several specific situations that demand positive thinking and self-talk. Think of the specific arena or context, and then organize 3-5 affirmations that will support you within that “meaningful life arena”.

Examples

When you encounter a problem:

What an opportunity I have! I can solve this.

When you are angry:

I release my anger and frustrations. I let go of my anger so I can see clearly. Let's take this down a notch.

When you are lonely and sad:

I take pleasure in the quiet and solitude. My emotions are temporary. Look at me, I'm human.

When you feel self-doubt:

I have the knowledge and skill to do this task. I resolve to keep going. Time to tear up the paper dragon.

When you feel anxiety:

I am calm. I release my anxious thoughts and rest in calm. Calm down and let's take this one at a time.

When you want to give up:

Something great waits for me after this challenge. I will keep going because I believe in my goal. I love this test. Let's push just a little bit further.

When you feel stuck in your circumstances:

I seek a new way of thinking about my situation. The answer is close by even though I cannot see it. Let's find the new angle.

Arena/Situation: _____

Arena/Situation: _____

Arena/Situation: _____

The Power of Personal Questioning

In the spaces below write the answer to the following questions:

I usually perform at my best when I...

What I appreciate most about myself is...

I am happiest when I...

I am most looking forward to...

To make the most of this day I will...

My future looks bright because...

One of the simple joys of my life is...

One way that I successfully deal with change is to...

To become more successful this day I might...

People like me most when I...

To bring out the best in others I...

One thing I could do today to serve others would be to...

If writing these questions down inspires me, I might decide to...

To me excellence is...

All of these experiences in class are helping me...

Designing Personal Questions

Designing personal questions can take positive thinking to a new level—even generating new thoughts and ideas that can expand your thinking and inspire your mind.

Below, write down five (5) positive questions that you could ask yourself every morning. Once designed, read and answer these questions daily for a week. Continue this process weekly and notice how these new questions compel you to think differently and expand how you see and experience yourself, others, and your environment.

5 daily questions I can ask myself: Week 1

5 daily questions I can ask myself: Week 2

5 daily questions I can ask myself: Week 3

5 daily questions I can ask myself: Week 4

5 daily questions I can ask myself: Week 5

5 daily questions I can ask myself: Week 6

5 daily questions I can ask myself: Week 7

5 daily questions I can ask myself: Week 8

5 daily questions I can ask myself: Week 9

5 daily questions I can ask myself: Week 10

5 daily questions I can ask myself: Week 11

5 daily questions I can ask myself: Week 12

5 daily questions I can ask myself: Week 13

5 daily questions I can ask myself: Week 14

5 daily questions I can ask myself: Week 15

5 daily questions I can ask myself: Week 16

5 daily questions I can ask myself: Week 17

5 daily questions I can ask myself: Week 18

5 daily questions I can ask myself: Week 19

5 daily questions I can ask myself: Week 20
