

# Holistic Business & Life Coaching

Grow Your Business, Grow Your Life

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## Positive Self Talk

***“If you think you can or you think you can’t, you’re right.” Henry Ford.***

What do you think? Is negative self talk ruining your chances of success? You may be able to justify it by saying things like, “the economy at the moment is dreadful, what can you possibly do?” or “it’s always like this for me, I just have to try so hard and nothing ever works.”

Are you even aware that you do this? Most of us aren’t. We feed our minds with these little negative messages throughout the day and wonder at the end, why we feel so defeated. What can you do about this? One of the first things you can do is to recognize that you are doing it, this makes you realize what you are doing and how you can change it. There are lots of ways to do this. A good start is to keep a journal. The first time I kept a journal, I was stunned to see how negative my writings were, full of angst, worry and anxiety, and I had thought I was reasonably positive about life! Once I knew what my outlook was, I could start doing something about it. The aim is to just replace the negative self talk with positive self talk, just catch your thoughts during the day and consciously change them to positive ones. Maybe wear a rubber band around your wrist and give yourself a zap every time there is a negative thought! Pretty soon, you will be desperate to think positively, it is lot less painful! Just raise your awareness and make an effort to change it. A positive outlook and positive self talk is achievable! What have you got to lose?

A little story for you to think about:

*Farmer McGinty needed to plough his field before the dry spell set in, but his own plough was broken. He decided to ask his neighbour, farmer Murphy, to borrow his plough. “He’s a good man, I’m sure he will be glad to lend me his plough.”*

*So McGinty began to walk the four fields to Murphy’s farm. After a field of walking, McGinty says to himself “I hope that Murphy has finished all his own ploughing or he’ll not be able to lend me his plough.”*

*After a few more minutes worrying and walking, McGinty says to himself “and what if Murphy’s plough is old and on it’s last legs – he won’t want to lend it to me, will he?”*

*After another field, McGinty says “Murphy was never a helpful fellow, I reckon maybe he won’t be keen to lend me his plough, even if it’s in perfect working order and he’s finished all his ploughing weeks ago.”*

*As McGinty arrives at Murphy’s farm, he is thinking, “that old Murphy can be a mean old fellow. I reckon even if he’s got all his ploughing done and his machine is sitting there doing nothing, he won’t lend it to me just so he can watch me go to ruin...”*

*McGinty walks up Murphy’s front path, knocks on the door, and Murphy answers, “well good morning Mr McGinty, what can I do for you?”*

*McGinty says, with eyes bulging, “you can take your bloody plough, and you can stick it up your bloody arse!”*

Have a positive self talking month, don’t be a McGinty

Regards ,Jann

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