

Self-talk-7 Powerful Tips

SELF-TALK-7 Powerful Tips

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Do you want to get really joyful this week? Start by talking to yourself. That's right. Get up close and personal and have a good conversation, a joyful conversation with yourself.

The greatest engine of positive energy that we have is often the first one we first forget, our speech. If you truly want to get happy, start with happy self talk. Talk love and joy. Have a little conversation of caring and sharing with yourself.

Words, the things that we think and say to ourselves and to others, have an incredibly powerful energy to create or to destroy. The power of our words can never be overemphasized. If we do not pay attention to what we say to ourselves, to our self talk, we can lose control over our thoughts, our emotions and ultimately our actions. If we do not pay attention to the words we speak to others then we can use our engine of energy to spread negativity and pain. We can easily become so unaware of the words we use to speak to ourselves that we continue in ongoing negative, dis-empowering silent self talk throughout the day. Some of us, many of us, even lose track of what comes out of our own mouths and travels to the recipient of our speech. Our words, our utterances, to ourselves and others represent a powerful energy, plain and simple. They are the engine of energy that we can choose to use for good, for joy, or the poison bullets we can use to inflict pain on ourselves and on others.

Would you go around randomly shooting poison bullets everywhere you went? Of course you would not. To do so would mean causing damage to yourself and others. Certainly, there would be a negative and perhaps horrible result to your

action. Your words have the same impact. They affect you and the lives of others in such a powerful way because of their inherent power. If you feel sad, angry, bitter, limited, constrained, try taking a look at your own personal self-talk and also how you express your words to others.

Reflect a bit and discover 7 power words, that make you feel creative, alive, joyful and empowered. It should be easy to come up with 7 self empowering words. If it is not, then don't despair. Just move forward now and take the time to find your own inner positive, joyful voice and in so doing to excavate 7 wonderful, powerful words.

Try using the power of utterance this week and let this power begin with your own personal self talk. List your seven power words and put one up each day on a post it note on your bathroom mirror so that you start the day with a powerful word. You may feel that this exercise is silly, but I encourage you to try it. Just grab on to a word each day and feel your power and joy soar.

Remember there is power in your voice, your words. The power starts in and with you. Every day we have the power of choice. The power to use our words to choose that 'the sky is the limit', or to use our words to embrace negativity and see "glass ceilings" above our head at each and every turn.

I say, choose the sky! Decide this week to speak to yourself in a positive loving manner and in so doing let your words spread sharing and caring to others in your life and in your world.

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Success = The Reach and Resonance of the Human Heart

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Are we dying from a death of the obvious, or will the obvious take us forward smarter, faster and happier? Stress expert and comedienne, Loretta Laroche, commented that we are “dying from a death of the obvious.” I believe that the obvious can have

enormous impact on our present and future. Science confirms that in order to optimize our potential we need to get happy first. Common sense tells us that the right and ability to live happy lives is the most important goal of all. Inspiration + human contact + connection = happiness.

Each day we have an individual and collective opportunity to do good, be good, share good. The reach and resonance of the human heart is our greatest hope for a better present and future. It is our humanity that can take us through and past problems, valleys of change, turmoil, pain and trouble to come out the other side a bit wiser, stronger. It is our ability to optimize brain power and empathy that can take us forward smarter, faster and happier. We are human beings, not human doing faster than ever before. The longer we wait to embrace our humanity, the less time we will have to experience it. Human beings need happiness; we need inspiration, human contact and connection. There is no time like the present to embrace the power, the reach and resonance of our heart. Seize it, use it, share it. Inspiration + human contact + connection = happiness. Purpose fuels happiness. And, our potential to be good, do good and share good is as real as our ability to create darkness and chaos.

Purpose trumps all other drivers of potential. Purpose makes profit, and the only way to create sustainable profit is to develop a mindset that fuels value for all. What do we really want? What are we really searching for in our lives, our careers, our jobs? The need for inspiration, human contact and connection is written on the walls of our lives, our communities and our organizations. A community of purpose™, a gathering of like minded heads and hearts, begins with one person doing simple math; one person deciding to start with the end in mind. Finding white space, me time, time for reflection that allows you to not only focus forward in a positive way, but restore and replenish your ability to get inspired by what YOU can do is critical. Take a moment right

now to remember that your life does not have to be a blinding blur of stepping on, over or avoiding others to make your way from birth to death. While we rush around living and working at a more accelerated pace than ever before it is the white spaces, the gaps between our thoughts, our feelings and our actions that give us time to take in where we are and where we really want to go.



What is your greatest, truest hope? Imagine that you are living the last moment of your life. Would you spend those

last few minutes tabulating your personal net worth, calculating your bank balance, reviewing pivotal moments in your life and career when you exercised the ability to command and control; or would your thoughts be focused on what you had shared and contributed, on those you had loved and who had loved you? Now we have children, adolescents, and adults whose major preoccupation is consumption, greed and ego. Does this mean that a death of the obvious is growing? Perhaps, but there is also a great hope, an undercurrent of change, a glimmer of incandescent light leading us to the genesis of our greatest power; the power to embrace our humanity and use it to create strategies and solutions that fill our pocketbooks

and our souls. Strategies and solutions for good that do good.

Fuel YOUR humanity. Recharge your power to become solution driven. Empower yourself to live purposefully, and in so doing you will inspire and engage with others who resonate with your purpose. Together you will build a community of purpose™. Together we can and will make a difference. Seize the day. Do the math; inspiration + human contact + connection = happiness. Use it to share, to care, to contribute.

Embrace your purpose and it will embrace you back. Enjoy
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Get Energized, Empowered & Solution Focused-Three Steps

Get Energized, Empowered and Solution Focused-Three Simple Steps

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We inherit negative beliefs, we are taught negative beliefs, we create negative beliefs, and sometimes we just pick up negative beliefs from the good opinion of others or the plethora of fear based negative news that surrounds us. Negative beliefs build our BOX. **Is it time to get out of the box? Turn negativity around? Become energized, empowered and solution focused?**

Here are three simple, but powerful steps:

Delete: Delete a joy sapper, the energy stealer or inertia builder that is undermining your ability to transform challenges into solutions. Start right now by deleting one negative thought that is not taking you forward.

Reboot: Stop the blame game, let go of who did what, of who has what. Reboot a better perspective by letting go of one thought that is causing you more pain than gain.

Upload: Take 2 minutes a day to be positive, to let go of any negative thoughts and beliefs. Take positivity breaks throughout your day and reset your brain to be more positive, your thoughts to be solution focused, your ability to find happiness amid stress or challenges to be real.