

**Check off the negative self-talk you currently use in column B.  
Over the next week, practice exchanging those statements for the positive words of  
affirmation in column A.**

A) Positive Words of Affirmation	B) Negative Self-Talk
My mind is sharp and I am able to remember everything.	<input type="checkbox"/> I can't remember anything, my memory is terrible.
Today is going to be another great day. I am happy, healthy and ready to enjoy all that life has to offer me today and everyday.	<input type="checkbox"/> It's going to be another one of those days.
I am always able to come up with creative ideas and solutions.	<input type="checkbox"/> I'm just not creative.
There is no problem I cannot conquer. I am strong in mind, body and spirit. My will, my strength and my determination are always greater than any problem I face.	<input type="checkbox"/> Nothing ever goes right for me.
I am really good at making clear, precise, beneficial and pro-active decisions whenever necessary.	<input type="checkbox"/> I can't ever make a decision.
When I see a cigarette or feel like having one, I automatically hear the words "I do not smoke" My lungs are strong and healthy and I am in complete control of myself and what I do.	<input type="checkbox"/> I'll never be able to quit smoking.
Things always go my way.	<input type="checkbox"/> Things never work out for me.
I am thankful for and enjoy my aspects of my job. I focus on the things about my job that I enjoy.	<input type="checkbox"/> I hate my job.
I am good at breaking large obstacles down into smaller pieces that are easier to handle. I never make any problem appear larger than it actually is.	<input type="checkbox"/> I just can't handle this, it's too overwhelming.
I am an intelligent person who is completely capable of understanding and solving any problem I encounter.	<input type="checkbox"/> If only I were smarter.
I am at my desired weight and always find the time to eat healthy and exercise regularly. I keep myself fit and healthy and enjoy a life filled with energy and vitality.	<input type="checkbox"/> I'll never lose this weight and get fit – I'm really out of shape and never have any time to exercise.
I give myself permission to relax, feel good, breathe deeply and fully and enjoy the feeling of stress leaving my body.	<input type="checkbox"/> I'm so stressed out.
I never get sick. I am in perfect health and I	<input type="checkbox"/> I get a cold at this time every year.
I always give myself the necessary amount of time to get anywhere I am going. I always arrive on time.	<input type="checkbox"/> I'm always late for everything.
I feel completely rested and ready to take on my day. I have more energy than ever before. I feel very alive!	<input type="checkbox"/> I am so tired and exhausted. I have no energy.
I always keep things neat and tidy. I put things back where they belong so I can easily find them when I need to.	<input type="checkbox"/> I'm so messy.
I smile a lot. I am happy on the inside and the outside. I like who I am and I'm glad to be alive.	<input type="checkbox"/> I'm so depressed.
I am one of the luckiest people on earth.	<input type="checkbox"/> The only kind of luck I have is bad luck.
I am in control of my own thinking and I think only those thoughts which bring out the best in me. I never worry.	<input type="checkbox"/> I'm a worry wart.
I am a good listener – I hear everything that is said – I am attentive, interested, and aware of everything that is going on around me.	<input type="checkbox"/> I'm not a very good listener.
I set goals and I reach them. I know what I want out of life. I go after it and I get it.	<input type="checkbox"/> I'll never reach my goal.
Slow moving or traffic jams are not a problem to me. I now enjoy the time I have to organize my thoughts. I will get there when I get there.	<input type="checkbox"/> This traffic is making me crazy.
It's raining today and that's fine with me I'm going to have a great day and a little rain isn't going to stop me.	<input type="checkbox"/> Great it's raining, this is such crappy weather.
People like me and I feel good about myself. I have a sense of pride in who I am and I believe in myself.	<input type="checkbox"/> Nobody likes me.

# It's all about YOU

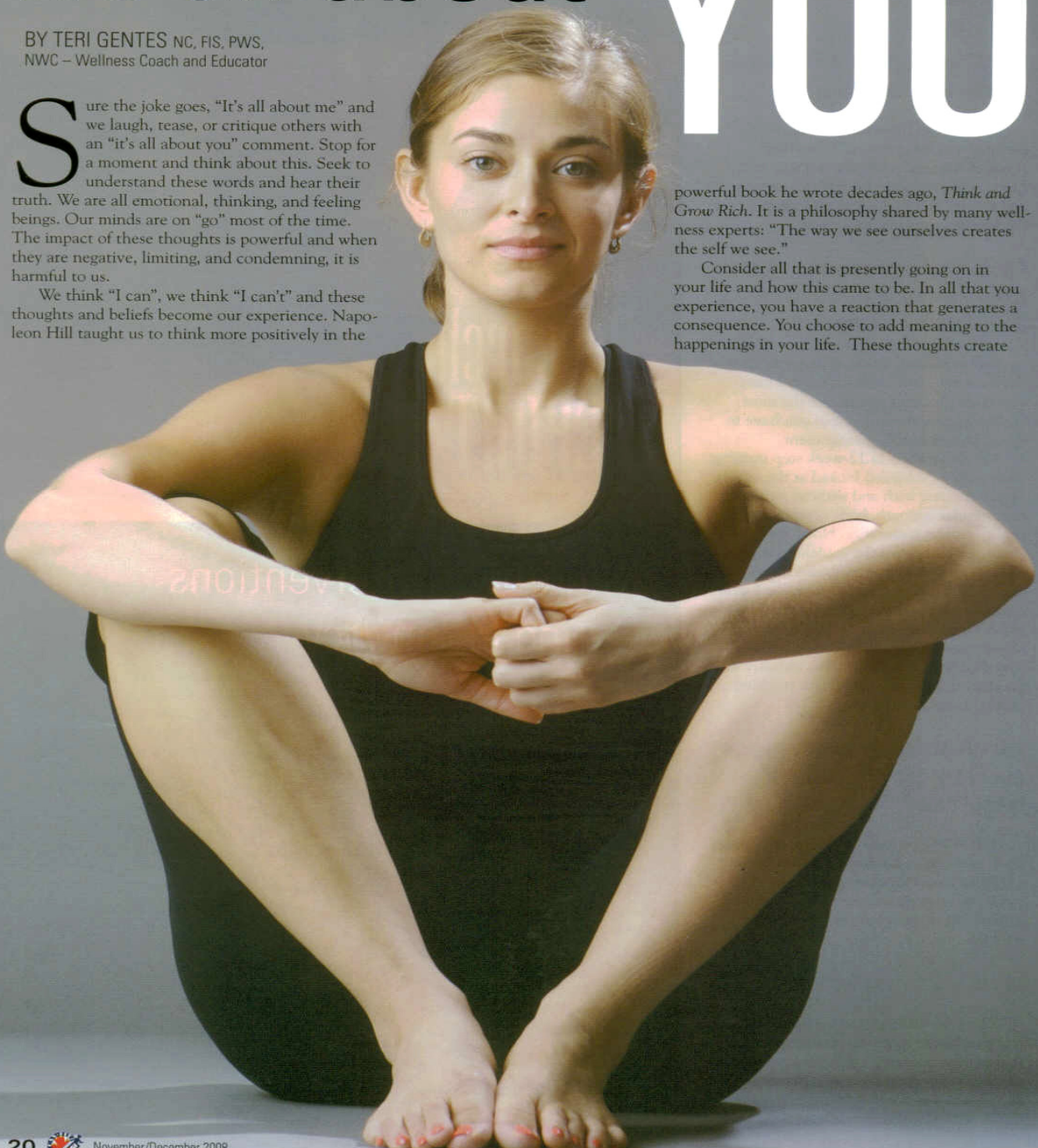
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**S**ure the joke goes, "It's all about me" and we laugh, tease, or critique others with an "it's all about you" comment. Stop for a moment and think about this. Seek to understand these words and hear their truth. We are all emotional, thinking, and feeling beings. Our minds are on "go" most of the time. The impact of these thoughts is powerful and when they are negative, limiting, and condemning, it is harmful to us.

We think "I can", we think "I can't" and these thoughts and beliefs become our experience. Napoleon Hill taught us to think more positively in the

powerful book he wrote decades ago, *Think and Grow Rich*. It is a philosophy shared by many wellness experts: "The way we see ourselves creates the self we see."

Consider all that is presently going on in your life and how this came to be. In all that you experience, you have a reaction that generates a consequence. You choose to add meaning to the happenings in your life. These thoughts create



chemical reactions that channel throughout your entire body.

Some experiences are assessed as wonderful, exciting, and fulfilling. Others may be determined to be stressful, challenging, or tragic. Any of these emotions is a feeling; the feeling we have "chosen" in response to the situation or experience. You may have heard the saying, "change your mind and you change everything." At every given moment

we do have a choice in how to respond. Conscious use of this option is incredibly liberating.

When we consciously decide how we will respond to a situation, we can alleviate much of the pain, frustration, anger, worry, and fear that may plague us. Accepting and owning our responses rejuvenates us as we all have the potential to be incredibly powerful. Rather than relinquishing this power with claims such as "you make me so mad" or "the weather brings me down" or "the state of this world sickens me", we can choose to view the situation in an entirely

new way. A negative response to any experience is not the way to peace. Rather than choosing anger, we can choose to reflect upon what we can do to improve the circumstances.

Wayne Dyer reminds us "we can't feel bad enough about anything to do any good."

Naturally, negative reactions do arise and it is okay to feel anger or frustration. What is crucial is

*"Our highest calling in life is precisely to take loving care of ourselves." Erich Fromm*

to then determine how to express these feelings and positively affect the situation. Consider how your feelings will change when you find compassion for famine, and take action by doing something positive such as expressing gratitude for your own abundant food supply. In situations of abuse or neglect, a self-empowering action may be for you to set boundaries for yourself and refuse to accept such treatment anymore. We teach people how to treat us and it is usually a reflection of the way we treat ourselves.

Reflect upon your life experience. Look at the people around you, most particularly

the ones you experience the greatest challenges with. These people are often mirror images of issues, aspects, and challenges you have within yourself. Each and every relationship you have is an opportunity to learn something about yourself. It really is all about you.

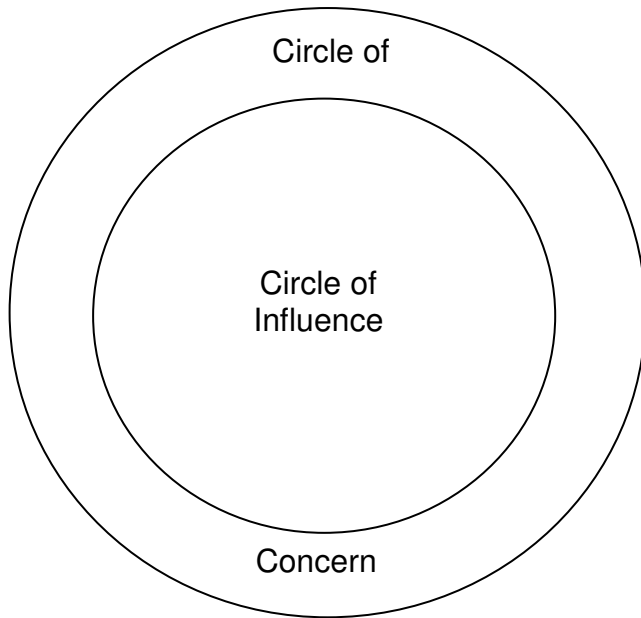
Recently, I received correspondence from an individual who had read one of my articles. He commented on his shared philosophy and sent me a copy of an interview he had done. It was full of wisdom, simple and profound. One in particular is so revealing of our incredible ability to direct our life experience – "I never have to forgive anyone for I never blame anyone".

Wow, just imagine our world living this way; each and every one of us owning what we think, feel, say, and do. An approach such as this can change the world and Mahatma Gandhi and Mother Teresa teach us to:

*"Be the change we want to see in the world." □*

Teri is an internationally acclaimed authority on 'whole self' wellness. She offers *The Way to Wellness Program*, coaching others on how to live life joyfully with whole self well-being. Visit her website for more information. [www.terigentes.com](http://www.terigentes.com)

***"When you begin to realize and accept that your thoughts will affect your life, positively or negatively, you will have hope, strength and opportunity to create a happier, more positive you."***

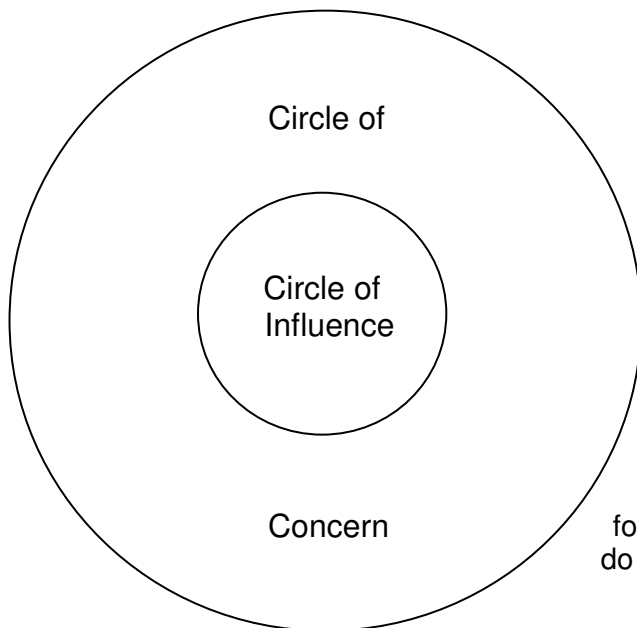


## **Proactive Focus**

(Positive energy enlarges the Circle of Influence)

Proactive people focus their efforts in the circle of influence and are driven by their values not feelings.

The nature of their energy is positive, enlarging, and magnifying, causing their Circle of Influence to increase



## **Reactive Focus**

(Negative energy reduces the Circle of Influence)

Reactive people focus their efforts in the Circle of Concern and react based on their feelings.

Their focus results in blaming and accusing attitudes, reactive language, and increased feelings of victimization.

The negative energy generated by this type of focus, combined with neglect in the areas they could do something about, causes the Circle of Influence to shrink.

**The Law of Attraction** - states that people's thoughts (both conscious and unconscious) dictate the reality of their lives, whether or not they're aware of it. Essentially "if you really want something and truly believe it's possible, you'll get it", but putting a lot of attention and thought onto something you don't want means you'll probably get that too.

**Positive Self-Talk** – 77% of the self-talk people use is very negative, counter-productive and self-defeating.

Any time you make a statement about yourself that is negative you are directing your subconscious mind to make you become the person you just described.

**Positive Energy** - We all have a wide range of concerns - our health, our children, problems at work, the national debt, nuclear war, etc.

- Some of these things we have no real control over such as; the past and other people's behaviour. Let's call these things our **Circle of Concern**.
- Some of these things we can do something about such as; our own behaviour, attitude and thoughts. Let's call these things our **Circle of Influence**.
- What are you focussing your time and energy on?

A proactive/positive person has a Circle of Influence that is at least the same size or larger as their Circle of Concern.

**Positive Affirmation** - Building yourself and others up by encouraging them! Building people up is more effective than tearing them down!

Finding reasons for praise and applause! Nothing feels better than genuine praise from others!

We all need recognition and encouragement! Giving yourself and others reasons to celebrate! It feels good to make someone else feel good!

Start keeping your eyes open and catch yourself and others doing things right instead of always seeking out and criticizing for what you think is wrong.

**Peaks and Valleys** - Peaks represent the good times in your life. Valleys represent the so-called bad times.

Like your heartbeat, your personal peaks and valleys are an essential part of a normal, healthy life. You can control your own peaks and valleys by what you think and believe. Valleys should be a time of learning. However, many people fear their valleys and see them as a time of pain, suffering, anger, hurt, frustration and failure. Once you learn to manage your good and bad times, by using positive thinking, you will gain a sense of healthy balance.

**Healthy Mind = Healthy Body** - Our thoughts can nourish or harm us. What we think or believe can actually affect the biochemical makeup of our bodies and affect our immune system. Negative thoughts and fears can change a healthy alkaline blood system into an unhealthy acidic one.

If we think enough negative thoughts, we will create unhealthy neurotransmitters and negative energy that will result in poor emotional and physical health. If you think mostly positive thoughts you are likely to produce mood-elevating, healthy neurotransmitters, which will produce a feeling of well-being, safety and positive energy.

Underneath negative thoughts lie fears, repressed feelings, and issues we haven't dealt with. These take a constant toll on our health. The roots of our fears and beliefs about ourselves are buried in our subconscious minds. Fear is not a real thing. It is a result of our beliefs.

Fear often arises when change appears in our life, whether positive or negative. It is important to recognize the fear as just a reaction, and then let it go.

### **Care and Feeding of the Mind**

Every successful person has a system for maintaining a healthy mental diet. They have a steady stream of positive, nurturing, and uplifting ideas and information going into their heads. They weed and feed their minds daily.

Try using one of these analogies:

#### **“Pull the Weeds” –**

The mind is the garden, the weeds are the negative and destructive thoughts, and the flowers and fruits are positive and constructive thoughts. These flowers and fruits must be cared for, as in keeping the weeds out. Those pesky, negative thoughts that pop into our minds-seemingly out of nowhere. If they're not pulled out quickly and regularly, they take over and choke the life out of the flowers, destroying the garden.

#### **“Flip the Switch” –**

Think of a light switch, but instead of ON and OFF, think P for positive and N for negative. Ideally, we'd like the switch in the up or positive position at all the time. But for some explained reason, it sometimes gets pushed to the down, or N position. When this happens things get dark, gloomy and scary. So, in order to get out of the dark, we do a simple thing – we flip the switch.

#### **“Change the Channel” –**

Think of a T.V. remote. Instead of watching the anger and resentment channel, we can watch something more pleasant. We have total control over the channel changer. Visit these channels frequently; The Beauty Channel, The Gratitude Channel, The Forgiveness Channel and The Love Channel.

#### **Key points to remember:**

- Positive thinking improves your mental, physical and spiritual health.
- The law of attraction – positive attracts positive and negative attracts negative.
- Focus on enlarging your Circle of Influence and your Circle of Concern will be reduced.
- Positive thoughts, affirmations, habits and actions equal positive results.