

DTD Episode 27 Show Notes

Are the Words in Your Head Encouraging or Discouraging?

Robert T. Kiyosaki Says it's Important to Know!

"It's not what you say out of your mouth that determines your life, it's what you whisper to yourself that has the most power!"
~ Robert T. Kiyosaki

The title of this episode says it all. Are the words that you say to yourself more encouraging or discouraging?

If a friend spoke to you like you speak to yourself would you spend my time with them?

Take some time to document the worries, loathing, and fear phrases that pop through your head daily.

Once you have them written or typed begin to create positive phrases to think, say or read to replace the negative thoughts. Call them affirmations if you'd like. Keep them readily available so that you can swiftly replace the negative self talk with something positive instead.

I also encourage my clients to write out phrases on sticky notes to place them strategically on a bathroom mirror, on a dash or steering wheel or on your computer screen. You can also use dry erase markers to write directly on glass of any sort. Whatever works for you. It's time to retrain your brain and feed it positive words.

If you feel like the positive phrases are not truth just fake it until you make it.

Keep in mind, I'm not asking you to circumvent reality and move into denial over poor choices you've made through this exercise. If you've been lying to many in your life or hiding some big dark secrets I'm not trying to help you do a better job with that. If there is negative self talk that is reality pull that out and analyze it instead. What must you do to fix the situation? Get in action now.

The goal of this exercise is to help you have a more balanced and realistic impression of yourself, see you as others do and transform the self talk to make it work for you rather than against.



A great video created by Dove helps illustrate how tough we are on ourselves about our outward appearance. We do even more with our insides -
<https://www.youtube.com/watch?v=rrHoDJinMQI>