



Your Partner in Productivity, Profits and Accelerating Results!

Identifying and Changing Sabotaging Self-Talk

Negative self-talk and beliefs that are holding us back are nothing but head trash, which can sabotage our lives in so many ways. A big part of banishing head trash from our lives is becoming aware of it and consciously choosing to change the conversation.

Whether your head trash surrounds money, abilities, love, success, or something else, it's time to take out that trash!

I've created this simple worksheet to get you started thinking about your personal head trash, how you may be sabotaging your success and how you can start to change that.

Start with just a few things here – the most glaring or troubling in your life right now. Once you open yourself to the most obvious, you may find others pop to the surface where you can address them too. Just remember that it's not enough to just identify what has you stuck. You also need to think about what needs to change in you to turn it around. And one more thing... don't get further stuck by trying to figure out where the belief you now hold came from, because it doesn't really matter. What matters is what is true and what you believe NOW. I hope this helps! Experience has told me it will.

Your Mindset About Money -

Write down your thoughts about your mindset surrounding money. Do you have an abundance or a scarcity mindset? How is your money mindset affecting your life? What do you want your mindset around money to be?

Comparing Your Insides to the Outsides of Others –

What are your self-deprecating thoughts or beliefs about yourself? Does looking at the lives of others cause you to feel like you're not measuring up? What areas of your life are not what you'd like them to be? What are you grateful for in your life? And what would it look like if you were creating a vision for your life based on what's most important to YOU?

Once you've gathered your thoughts in those areas, it's time to take some action steps so you can change the self-limiting, self-sabotaging thoughts, beliefs and self-talk that's keeping you stuck. I use affirmations to redirect my thoughts when those unwanted, unconscious thoughts and beliefs pop up.

Affirmations are a valuable tool created by Noah St. John, one of the personal-growth mentors who led me to the answers I was seeking years ago. While **affirmations** are based on the belief that just saying something will make it so, **afformations** are based on the premise that if we ask ourselves empowering questions, our mind will begin to focus on what we really want and stop focusing on what we don't want. Rather than trying to trick our minds into believing something that might not be true, with affirmations we set our minds in motion to search for the answer and guide our path to making the positive things we want reality. If this is a new or unbelievable concept for you, just give it a try. Here are some examples:

Why is it so easy for me to earn the money I need to live comfortably?

Why am I so willing to learn new things and grow personally and professionally?

Why does learning new things come so easily for me?

Why am I so content with my life and grateful for everything I've accomplished?

Why am I so happy for others and enjoying success in my own life?

Looking back at your reflections on your mindset and unwanted beliefs about yourself, write some affirmations that fit your situation.

Once you've developed affirmations to jumpstart your powerful mind and bring about the changes you want to see in these areas, start using them every time self-sabotaging thoughts or beliefs pop up to derail you. If we can change the internal conversations we have with ourselves, it really can have a positive effect on our lives.