

Title:

Talking To Yourself Again? What Are You Saying?

Word Count:

1346

Summary:

What you say to yourself eachday will determine if your succeed or fail

Keywords:

mlm, network marketing, ebook, mentoring, coaching

Article Body:

We all have Self Talk.

So what is Self-Talk?

Simply put Self-Talk is the running dialogue in your head. It's the words you use to describe

It's the words you use when you have challenges. It's the words you use when you're speaking to

Hmmmmmm sounds like your daily vocabulary.

Look you must realize the power your words command and then choose them wisely.

Anthony Robins said in his book Awaken The Giant Within. "People with an impoverished vocabulary

Many of us don't realize the words we habitually choose to use effect how we communicate with

Words are very powerful, they can help or heal. They can make us cry or laugh. They can create

Words create emotions, and those words create action, and from those actions your life is formed

Simply choosing new words to describe how you're feeling or how you experienced an event can

If you describe a fantastic experience as being "Ok". That experience is now diminished and flat

You're in control of your life, so you need to consciously evaluate and keep improving the content

Here's a great example I heard from Anthony Robbins after hearing him speak about this subject

Quote: "If you're in the habit of saying you "hate" things-- you "hate" your hair; you "hate"

Change the phrase from "I hate" to the phrase "I prefer".

Could it be that simple?

"I'd prefer an new car", I'd prefer an new hairdo" I'd prefer a new job", I'd prefer new clothes

The intensity of those statements dropped big time because you used different words.

I know this for a fact. If you simply change your habitual vocabulary, and these would be the

If you change your habitual vocabulary you can instantaneously change how think, how you feel

I really want to drive this home to you. You're Self-Talk that you're using right now is determining

Much of where you are in life right now is due to your Self-Talk. So if you're using words that

How do you know what you're Self-Talk is? Simple really. When an event or challenge happens in
Here are some examples, and these are from many of the people I speak to on a daily basis. It
When something happens a challenge in your life, do you say to yourself?

"Why does this always happen to me?" or "Why did this have to happen now?"

Are your answers something like this?

"It happened because I'm not lucky".

"It happened because I'm not smart enough".

"It happened because I wasn't prepared".

Poor choice of words will give you a poor answer. What if you used words like this when a chal

"What can I learn from this challenge so I don't repeat it?"

What's funny about this challenge and how can I have fun solving it?"

You see better words produce a better question. A better question will produce a better answer

Pretty simple but so powerful.

Here's a perfect example of how Self-Talk will empower you. Let's say someone is having a bad

And this person is more than happy to piss all over your day because they feel it's their duty

I DON'T THINK SO!!!

Because of my Self-Talk nobody gets to decide how my day is going to be but me. So my Self-Tal

If that's my self-talk do you think I'm going to have a bad day just because someone else is?

Why would you want to be a passenger in your own life and allow people to determine what you'r

Here are some samples of different words you can use to start changing your vocabulary:

Go from Depressed to Not on top of it

Go from Failing to Learning

Go from I hate to I prefer

Go from Irritated to stimulated

Go from Overwhelmed to Busy

Go from Stressed to Energized

Go from Rejected to Overlooked

You get the idea.

Now create empowering phrases you say to yourself each day. Say your Self-Talk each morning an

If all you do is fill you mind with empowering words and phrases you'll attract everything you

To get you kick started here is some of my daily Self-Talk:

"Helping people achieve their goals and dreams using no agenda and expect nothing in return. I

"I will not get involved in other people's drama and I refuse to allow negativity into my life

"Being truthful each day is the best gift I can give myself and others". I think the boy scout

Here is what my team says about our business:

"We are building the largest most profitable, highest retention organization ever built in the

Before I end this there is one more thing. Words create pictures in our mind. People with great

You've heard of athletes using visualization. A runner sees himself/herself getting out of the

My success in life and in network marketing is largely due to my Self-Talk and visualization (

The difference between successful people and non-successful people is, successful people do wh

Until Next Time.

To your MLM success;

Duffy Rogan

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