

Be Careful What you Say to Yourself

Henry Ford famously stated; *“If you think you can do a thing or that you cannot do a thing, in either case you are right”*. Just think about it for a moment. Might there to be some truth in it?

We refer to what we say to ourselves about our abilities and our lives as ‘self-talk’. The messages that play in our heads can encourage us or put us down and may really effect our levels of life satisfaction. Where do these messages – or tapes – come from? They develop from our early experiences as children and they are supported by our own inner beliefs about the world. For instance, if we were told as children that we were stupid – and couldn’t do maths – we might believe this forever. Or maybe we were fortunate enough to be given positive loving messages and we grew up believing we could do anything.

The good news is that we don’t have to keep on and on repeating tapes that don’t support us in our lives. With a little help, we can learn to ‘reframe’ negative beliefs and messages and start to change the way we view ourselves – and the world.

Sometimes it can seem nothing short of miraculous to watch the world around us shift and change according to our own perceptions and beliefs. If you really want lasting positive change in your life, then start the process from the inside. You might be amazed at the results.

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