

## Exercise 1: Understanding How Self-Talk Impacts on our Beliefs

1. Listen to your self-talk for a day. What negative self-talk do you hear from yourself?

e.g.

How could I be so stupid?

There I go again!

What's the matter with me anyway?

If only I would have ...

Why can't I do as well as ...?

It happens every time.

I can't do anything right.

This is going to be awfully difficult.

This is going to be one of those days.

2. How does this make you feel?

3. Taking each negative statement you heard, turn it into a positive e.g.

Negative: How could I be so stupid?

Positive: That is not like me, next time I will ...

With these positive statements we are giving immediate, positive feedback to our subconscious and instead of recording a negative picture we trigger the picture of the performance we want.

Positive self-talk statements are the best way either to maintain or build up our self-esteem.