

## Become Your Biggest Cheerleader

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*Rah-Rah-Rah Sis Boom Bah!!*

Of all the communication you do, none is more important than how you talk to yourself. Your internal dialogue has more to do with your success in life than any other factor.

Every minute you are awake, you engage in 800 to 1,200 words of self-dialogue. In these conversations, you solve problems or create them, make decisions or avoid them, judge, praise, disparage or motivate yourself. You can dwell on past mistakes or plan future achievements.

Obviously, the more positive your self talk, the stronger and better prepared you become to face your daily challenges.

In the computer world, the word GIGO means "garbage in, garbage out." Your mind works the same way. What you talk to yourself about directly affects how you live your life. Saying the right words to yourself will create a positive mental picture in your mind. That picture will encourage and motivate you to take the right actions that will lead to your personal success.

### Those Encouraging Words

Whenever you catch yourself engaging in negative self-talk, try the following:

**1. Choose one thing for which you are grateful and talk to yourself about it.** This blocks out your negative self-talk. The mind cannot hold two conflicting images at the same time. Gratitude is one of the most powerful emotions you possess to have the rich fulfilling life you deserve.

**2. Choose something you like about yourself.** Describe it. Are you smart? Are you kind? Are you creative? How does this enhance the things you do? How does it advance and enrich others? What is its impact on your family, work or community?

**3. What future event are you most looking forward to?** Describe it to yourself in vivid detail. Elaborate, expand, and expound. Add Technicolor and stereo. Allow yourself to daydream. All your accomplishments are first a thought, a dream or goal pulling you toward it.

**4. Keep an inspirational book, tape or CD handy** to reinforce your positive self-talk. Use them whenever are feeling negative. When you are moving around, listen. When you are settled in one place, read the words.

Being your own biggest booster doesn't mean you're immodest. It means you're smart. Life is a *do it yourself job*, and if you don't motivate yourself, who will?

Remember: five years from now, you'll be the same person you are today -- except for the people you meet, the situations you've encountered and the thoughts you've thought. Keep your internal dialogue positive, upbeat, and future-oriented. No one is in a better position to be your biggest cheerleader than YOU!