

Use Empowering Words When You Talk to Yourself

(Whether you are speaking out loud or silently)



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How do you talk to yourself?

Do you use the words "can't", "won't", "don't need to", "why try"? Many people do.

Do you find that what you say to yourself turns out to be true? Why is this?

You see your brain is like a computer that you feed each day. It doesn't know always know what's real or not unless you tell it.

Example: If someone you love has hurt you, you may tell yourself that all people who love you will probably hurt you too.

Your brain just files this information for reference; it's data, little zeroes and ones and no column that asks "true or not true?" Now your brain thinks, based on what you told it, that everyone you'll ever love will hurt you.

How do you think you will respond the next time you get hurt?

Right!!

Now, what if we instead told our brain:

"Okay this person ripped my heart out - but that's only one person. I'm lovable and have many loving people in my life who are not out to hurt me. I know that the right people are coming into my life all the time. If someone hurts me, I will forgive them and bless them on their way."

Words can be empowering.

I can
I want to
I will
I must
I am

We can reach a new level of living, if we feed ourselves empowering words and practice saying them until they become a habit.

I know first hand that it takes time.

And I also know that it's worth it.

Try it for a week.

Catch yourself saying, "I can't", when you don't really mean it and instead try, "I can", and see how you think and feel about yourself.

Remember, the words you use to empower yourself will have a lasting effect, only if you practice them and they become a habit (an acquired behavior pattern regularly followed until it has become almost involuntary).

They say it takes at least 28 days to develop a habit.

After a week, you will see that it becomes easier. It's a mindset and you can control your thoughts. Be proactive and not reactive - give yourself some good words.

"What I do today is important because I am exchanging a day of my life for it."

---Hugh Mulligan

Dream big and empower yourself!

Believe you can and you will.

About the author: Marlene Blaszczyk is the creator and publisher of MotivateUs.com, an international website that features positive quotes, stories, articles and essays that highlight the strength and resilience of the human spirit. On the net for over 10 years, with more than 1,500 pages, truly there will be something that will get you motivated and inspired. Take a look... <http://www.MotivateUs.com>.