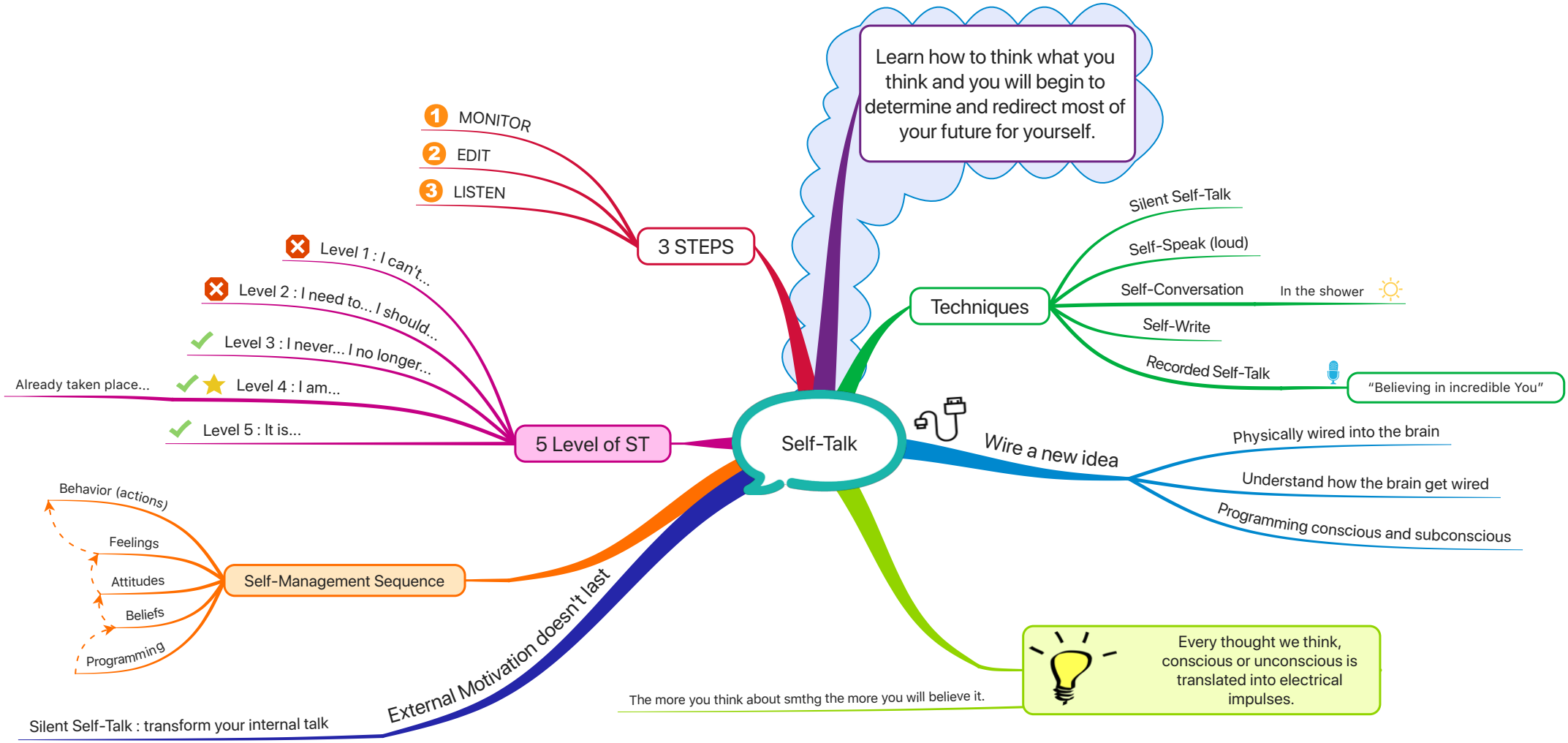
Self-Talk
Learn how to think what you think and you will begin to determine and redirect most of your future for yourself.
3 STEPS
1 MONITOR
2 EDIT
3 LISTEN
5 Level of ST
Level 1 : I can't...
Level 2 : I need to... I should...
Level 3 : I never... I no longer...
Level 4 : I am...
Level 5 : It is...
Already taken place...
Self-Management Sequence
Behavior (actions)
Feelings
Attitudes
Beliefs
Programming
External Motivation doesn't last
Silent Self-Talk : transform your internal talk
Techniques
Silent Self-Talk
Self-Speak (loud)
Self-Conversation
In the shower
Self-Write
Recorded Self-Talk
"Believing in incredible You"
Wire a new idea
Physically wired into the brain
Understand how the brain get wired
Programming conscious and subconscious
Every thought we think, conscious or unconscious is translated into electrical impulses.
The more you think about smthg the more you will believe it.