

How to Reinvent Your Reality Through Positive Self-Talk

Positive, successful people are different from the rest of the crowd. This difference is not because of intelligence or talent. It is unaffected by desire or sense of purpose. It certainly has nothing to do with the innate or original purpose of being. It does, however, have much, if not everything, to do with a sense of self-worth. The concept of self-worth or self-esteem has been the buzz word for decades. But how many of us truly understand how the concept of self-worth dictates destiny? How many of us appreciate the role that personal responsibility and choice play in our own outcomes in regard to this?

Why do some people end up with positive self-worth and others struggle under the burden of doubt and self-criticism? Programming. That single word tells much of the story. From the time we understood language, perhaps even before, we've been indoctrinated with messages about our worth, talent, desirability, and potential, to name just a few. Regardless of the validity of these messages, we believed every word. These beliefs are stored in our subconscious and control our attitudes, which impact our feelings; these feelings result in behaviors that manifest themselves as actions. Our actions are the precursors to our success or failure in life.

Some successful people may have had the best programming possible. Many may be just like the majority of people and have programming that needs some fine-tuning. This fine-tuning is done through self-talk. This is certainly not a new idea. It's been around as long as there have been people. Wise people have always known the value of positive thinking, even if they were unaware that there was such a thing as a subconscious mind or a concept like the Law of Attraction.

What successful people do, however, is take responsibility for what they allow into their thoughts. They know that what they think about manifests itself in their reality. What they think they are, what they think they can achieve, what they believe is their destiny is reality. It only seems logical that it's in a person's best self-interest to be positive.

Positive self-talk can be done in a number of ways. The first step is controlling the private conversations in our mind. Certainly, we should all be aware of the kinds of things we think about ourselves. It seems to be human nature to criticize ourselves for perceived inadequacies: "I am so unorganized. When will I ever get myself together?" These thoughts are not in our best interest. The minute we hear ourselves utter this kind of admonishment in our minds, we need to replace it with what we would strive to be: "I'm organized and in control, especially today!" When we replace the negative criticism of ourselves with a positive affirming statement, we reprogram our subconscious and as a result bring about the kind of results we want in our lives.

The second step in the process is controlling what we say. When we verbally abuse others and ourselves we set up a negative cycle that fosters more self-doubt and criticism. Granted, we will not always be in a perfect situation. There will be trying times and difficult people, but it is our response to these situations that will make the difference between a positive or negative outcome. It is the response and not the situation that is the key issue.

A third technique is to use written affirmations that change the problem into a positive statement. Unfortunately, we can all list things that are not desirable about ourselves. To change this, we must isolate the problem, list all the aspects of the problem and write a line or two that addresses that issue. This can be done on index cards or a slip of paper that we read throughout the day, reminding ourselves of the positive rather than focus on the negative.

Positive self-talk must meet certain criteria. Whether the self-talk relates to thought, spoken words or written words, it must be in the present tense and stated as though the desired change has already taken place. When you monitor what is going on in your brain in this fashion, it will be giving your subconscious mind a completed picture of the accomplished task. Your control center will get the message that this is your reality. When the subconscious repeatedly hears this message, it will accept it, act on it and bring about a new outcome from past experiences.

If we surround ourselves with reaffirming thoughts, words and messages, we will find the best within ourselves and reach the level we were always meant to achieve.

About the Author

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