

SELF-TALK CLEAN-UP GUIDE

*Easy steps to clean up your self-talk and change
the way you feel about yourself.*

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Are you plagued by negative self-talk? Are your thoughts self-defeating? If so, don't feel alone. There are thousands of people around the world - from all walks of life - that suffer from negative self-talk and self-defeating thinking. But guess what, you have the power to change it - and it's easier than you think. Follow this simple guide to develop life-transforming affirmations and positive self-talk habits.

Where do I start? (Hint: Right here!)

Start by writing down some of the negative thoughts or crap things you say to yourself. This may be the easiest part of the whole journey. Seriously, isn't it easier to pick our faults instead of naming good things about ourselves? So that's what we're going to do here. We'll start by listing five things about yourself that you don't like or something negative that you say in your mind or out loud a lot.



You might find, once you start writing down some of these things, that you have a lot of cruddy things to write about yourself. You know what? I say just let it out. Write it all out. Get it off your chest. Puke it on the paper. At least it's honesty, and honesty is what you need to truly free yourself from the weight of false self-beliefs.

Now, even if you have more, pick five things that jump out at you the most. That's your starting point.

Change your Negatives into Positives

Now that you have puked all that negative stuff up, it's time to turn it into something beautiful. Take all those untrue beliefs you have about yourself and turn them into a method of lifting yourself up. It's time to let go of others' baggage, that's really all it is.

Let's use one of the examples from above and see what we can do with it:

Example: "I'm so fat"

I'm so fat can become "I love my body". If you focus on what you don't want, the extra pounds, then you are sending yourself a message that there is something wrong with you. You set yourself up for failure. Acknowledge what you're feeling, then replace it with something that sends the message that you love your body. Thank your body for the marvelous and wonderful things it allows you to do. Loving yourself sets the stage for feeling good about yourself.



Other examples for changing "I'm so fat" into something positive and loving can include: "My body is healthy and perfectly formed," "I feel fit and energetic," and "I am comfortable in my skin."

Let's talk a little more about acknowledging your feelings...

Acknowledge your feelings - even the crappy ones. One of the worst things you can ever do is deny that you feel a certain way. It's lying to yourself, and that gives fuel and life to every negative thought you may have. When you acknowledge it, don't penalize yourself for feeling that way. Just say, "Okay, this is happening. This is how I'm feeling and that's okay." Then, instead of giving negative effects to that feeling, transform it into an empowering feeling by defeating it with understanding and uplifting words.

Understanding where our poop thoughts come from.

We grow up receiving input from so many sources: parents, teachers, aunts, uncles, neighbors, television, radio, and social media to name a few. Many of our beliefs about the world, ourselves, how we should behave, etc., come from these sources. The same goes for them and for those before them, and so on and so forth. This input, whether positive or negative, is drilled in daily. It's important to understand this. It's not the only way, and unhealthy beliefs can be changed. You're on the path to change now!

Understanding the journey...

If we're told constantly that we're not enough, or unlovable, we can change that false belief with constant affirming. Even if we're not feeling what we're affirming. I promise you that there was a point in your life when you didn't feel – didn't own – that negative feeling that beats you down.

Here's the thing... You can get that good feeling back. It just takes a little time and conscious effort. And let me tell you, when I say, "a little time" I mean "a little time". It starts with five minutes a day. Do it after your morning routine. I like doing it when I have coffee.



There's really nothing like the day's first cup of coffee. It just hits the spot. Pure bliss. The perfect time for you to say nice things to yourself. Stretch that bliss out, make it "blissier".

- Liz

Just remember, on this journey things don't happen overnight. You didn't get to where you are now overnight so don't expect to read your list one time and feel like a million bucks. It's going to take a little time, but you'll get there.

Bumps in The Road!

Hey! This is life. Life has bumps in the road. Bumps can suck. They can flatten tires and make you late. But it's what you do with those bumps that matter. If you grumble about them, you feel worse. If you consciously choose to let it roll off your shoulder, then it never turns into an energy-zapping, good-feeling-draining issue! It just works that way.



This flat tire sucks. But I'm rockin' this vest and changing my tire without roadside assistance! Girl power!

Time for action!

Now it's time to just do the dang thing. Pick a time to read your list. I would suggest the same time every day to form a habit. It's only five things at this point so read it over and over for at least five minutes. If it's an "I am" statement, change it up a little by saying "I feel." Don't feel like you need to spend your entire day repeating your affirmations. I do not prescribe to toxic positivity. It's important to acknowledge all feelings. I believe that a healthy balance of any self-help work is necessary for it to take root and truly transform our lives.

Do I have to say my affirmations in the mirror? That just feels weird.

It's not necessary to stand in front of a mirror and say your list of affirmations. I didn't. I carved out time in my morning and read them along with my daily devotional. Everyone is different - so tailor your affirmation time to fit you. If you feel empowered by talking to yourself in the mirror then do it. If saying your list out loud works, do that. You might even try writing them multiple times daily. Just do it - put action into it. That's the important part.



Add some more!

Write out more positive things to say to yourself. Go ahead. Spoil yourself with uplifting and empowering words. Say wonderful things to yourself when doing life's daily tasks: taking a shower (maybe make a song out of it!), washing the dishes, and making the bed. Don't hesitate to add more and more positive self-talk to your day, just don't forget that balance. There's only one result of doing so and that's living your best life.

Celebrate your journey!

Revisit the work you did from this guide in a few months and see how far you have come. Try saying five negative things about yourself. I bet you find it extremely difficult if you can do it at all. It's not that you never have negative thoughts about yourself, you've just trained your mind to transform them into something positive and to not focus on the negative. Celebrate this!

