

Negative Self - Talk

February 2023

Manage Your Thoughts

We have constant outside influences that can affect our moods - in a good or bad way. These influences can significantly impact our minds throughout the day, generating a vast range of 12,000 - 70,000 thoughts in that one day. Yet, out of all those thoughts, would you believe that 80% of those are negative?

What are some of these thoughts that we tell ourselves? "I don't have enough time.", "This won't work.", "I can't do that.", "They won't like me.", "I will never make that much money.", "They are not going to buy."

We may have these negative thoughts so frequently that we might not realize how often we have them.



If we look inward, we all have a conscious and subconscious mind. Our conscious mind is engaged constantly with the outside world and helps us with processes like logic and reason. We use it to read and think, listen to instructions, study, or observe others, as it is our thinking mind. It is a crucial part of us, but there is a greater force we must be aware of that is working nonstop.

Reprogram the Subconscious

Our subconscious mind is a powerhouse and is the genie that can make our thoughts come true.



How we feel is driven by our subconscious mind, which is at work all day and night. It is our primary motivator, and if we are constantly filling it with those negative thoughts, then we are

not getting much accomplished. However, we can achieve much more if we program it with positive thoughts. We must stop programming our minds with negative views of ourselves. You have the power to reprogram your mind and tell yourself:

"I do have enough time.", "This will work.", "I can do that."...
"They are going to buy."

Key Takeaways

Your conscious mind is essential, but the subconscious mind is life-changing. It works when you are awake or asleep. And it will even solve a problem that you and your conscious mind cannot solve today.

So, let us take a moment to celebrate our unconscious mind and start the positive mind, body, and health-changing process of programming it with positive material.

I appreciate all of you and remember, if you don't make a sale, you work for free.

See you next time,
Jack