

Coaching Resource: Mindset Shifts

Positive Vs Negative Self Talk



Self-talk” refers to the dialogue that goes on inside your head – the way you communicate with yourself. One of the creators of this (Joe) was extremely bad with his own self-talk and it had a detrimental effect on his well-being.

This internal dialogue affects a variety of factors, how you feel about yourself, how you perform tasks and more.

Although we wont always change every negative thought (and it is not about this), if we can become consciously aware of this process it can give us valuable self-awareness. I will list some examples below, and then I want you to think of some examples that may be personal to you and answer the questions below.

Negative self-talk



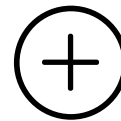
That was stupid

I am a failure

This is to hard

List Personal Examples

Positive Self Talk



I could of handled that better

I believe in my ability to succeed

I will give my all

List Personal Examples

This is similar to the fixed Vs Growth mindset concept (Carol Dweck) which is discussed in Joe's book and it really is a valuable tool.

What situations do you feel you may find yourself in where you have to be mindful of your self-talk?

What are the potential consequences of negative self-talk in these situations?

How do you feel you could use positive self talk to assist you?

Additional comments