

# MINDMotivation!

## Season One, Episode Five

### The One About - Your Own Radio Station, Your Inner Voice and The Words You Use

Delete the negative... Expose all (at least 5) negative words and statements your inner voice says as it's chatting to you? (Enemy statements). Until you recognise them you cannot delete them.

#### THINGS YOU SAY:

**USE EMPOWERING SUPPORTIVE WORDS. USE ALL OF THESE IN YOUR VOCABULARY, BOTH INTERNAL AND SPOKEN. CIRCLE 10 THAT YOU WILL BEGIN TO TELL YOURSELF...**

**Yes // I can // I will // I am // It's possible/definitely // However, what if... (followed by a solution) // I get to do (better than 'I have to do') // I commit to // I appreciate // I plan to // I achieved // I learnt // I decide // I choose // I'm proud of ME!**

Highlight your top 10, write out and repeat to yourself each day (when you wake up and also before you go to sleep). Do this for the next 7 days and see and feel the positive difference. You'll be programming YOU for maximum feel-good, so it's worth doing:

'Everything I want is possible'	'I respect myself and the decisions I make'
'I can lose weight'	'I'm proud that I take responsibility for my actions'
'I will get a better job'	'I have more than enough time'
'I want to spend more time with the family'	'I love my life'
'I'm blessed'	'I believe in me'
'I will get fit'	'I'm proud of myself and who I am'
'I am in control of my destiny'	'I have unwavering belief that this is possible'
'I have complete belief that I can do this'	'I know I can find solutions to problems'
'I do a great job'	'I celebrate my fabulousness always'
'I've put in the effort and I will excel at this'	'I live by putting all I have into all I want'
'I'm spending my time on my priorities'	'Talent and ability flow through me'
'I'm happy and fulfilled'	'I have everything I need in abundance'
'I love doing this'	'I can because I have' (anything you have done even once before)
'I feel brilliant'	'I'll stay positive and focused whenever I have challenges'