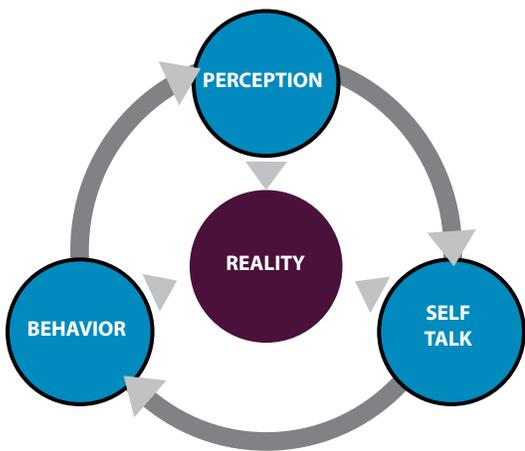


Manage Your Self-Talk

Use this tool to help you take a close look at your own self-talk and intentionally make the shift from hindering self-talk to helping self-talk.

Self-Talk Cycle



"My experience, having coached hundreds of leaders and professionals, is that they all too often undermine their own success simply by what they tell themselves. Their self-talk takes them away from reality - not closer to it."

– Mark Christensen

Manage Self-Talk

- Push the "pause" button on your story.
- Carefully review what you are telling yourself.
- Verify your assumptions.
- Clarify what you want to see happen.
- Reflect on past successes.
- Tell yourself the truth - repeatedly.
- Visualize and affirm success.

During challenging situations, especially when your leadership is necessary:

- What are you telling yourself that could be undermining your success (HINDERING self-talk)?
- What truths should you be telling yourself that could enhance your success (HELPING self-talk)?

Recognize and Check

"What am I telling myself and how do I know it is accurate?"

Reflect and Affirm

"How has my past prepared me to succeed today? What should I be telling myself?"

Plan and Act

"What is my desired outcome? What will I do? What will success look like?"