

Self-talk

The secret behind self-esteem and self-confidence



Renaye Thornborrow

Adventures in Wisdom™

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Wyatt's Coaching Notes

Self-talk: Power of our Thoughts and Words

Message from Wyatt the Wise Wizard!

Hey kids! Wyatt here,

Today we are going to talk about one of the most important skills for creating strong self-esteem, powerful self-confidence, and achieving our goals. It's called self-talk and it's really cool stuff.

Let's get started with an activity that you can either do with your parent or on your own then we will read the story *Choosing Your BFF* (Best Friend Forever) and watch as Trudy learns how to choose her own BFF!!

Adventure with my friends!

Wyatt



Choosing Your BFF (Best Friend Forever)

It was the big day! Cheerleading try outs, history test, and the announcement of the art contest winner all in one day!

Trudy the Tortoise woke up and her stomach was in knots. The events of the day were the first thing that popped into her mind.

“Maybe I shouldn’t be trying out for cheerleading. I really can’t jump very high and I’m not as bouncy as the rabbits,” mumbled Trudy to herself. “I bet it’s not too late to back out.”

She put on her dress and looked in the mirror. Ugh...she thought. I really need to find some new clothes....she picked at her hair and frowned. “Well, I probably won’t be going up on stage for the art contest anyway. Peter and Julie’s pictures were much better than mine.”

Trudy moped to her desk, picked up her books and looked at the facts for the test that day. “Ugh,” she thought to herself. “I’m no good at history.”

She started to head downstairs for breakfast when suddenly POOF! Wyatt the Wise Wizard appeared.

Wyatt! What are you doing here?

“Sensing some major dragons and wanted to check in with you,” answered Wyatt.



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“I don’t see any dragons and I’m not feeling very grungy,” said Trudy.

“What’s going on?”

“Ahhh....I was afraid of that,” answered Wyatt.

“Afraid of what?” asked Trudy.

“That you didn’t even realize the dragons were here!” answered Wyatt very concerned. “You see, you’ve been using negative self-talk for so long that it’s a habit. You didn’t even realize you were doing it.”

“Please tell me more,” said Trudy. “...and what’s self-talk...I’m a bit confused.”

“Definitely,” said Wyatt. He pointed his finger towards the ceiling and two clouds appeared. In one cloud, Trudy saw her best friend Nicki. In the other cloud she saw her other best friend Pam. Nicki looked directly at Trudy and began to speak.

“Why did you wear that dress? It doesn’t look very good on you. You really should wear your hair differently....Cheerleading try outs are today. I don’t know why you are even trying out. You’re not going to make the team. Everyone knows tortoises can’t jump - you’re too heavy.... And forget about passing that test - you’re not good at history and your writing is terrible....Oh...and that art project you submitted for the competition – not good enough. Peter and Julie drew much better pictures. Yours will never win.”

Trudy looked a bit surprised. She couldn’t believe what Nicki was saying.

“How could my best friend talk to me that way?” she asked Wyatt.



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Then Pam began to speak, “Trudy, that’s a beautiful dress. It really makes your eyes look green. Good luck at cheerleading try outs. I know you’re going to do great. Remember that tortoises make a great base for the pyramids and you have such happy energy....Thank you for studying with me last night...we’re both going to ace that history test....Oh...and that art project you submitted for the competition – beautiful. I could feel the calm of the ocean just by looking at it. I bet you feel really proud of that picture. Good luck today – I can’t wait to see you up on stage.”

“Whew,” thought Trudy. “That’s more like it.”

“Now,” said Wyatt. “Which friend would you want to be around? Negative Nicki or Positive Pam?”

“Duh...I want to be around Pam. I don’t know why Nicki was talking to me that way,” answered Trudy.

“She was talking to you that way because that is the way you talk to yourself!” explained Wyatt.

“What?” asked Trudy. “I don’t talk to myself.”

“Ah, but you do....in fact all of us do...all of the time... either through our thoughts or by the words we speak,” shared Wyatt. “It’s called “self-talk.”

“Wow....I didn’t even realize that,” said Trudy.



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“Many people don’t,” shared Wyatt. “And did you know that most people talk to themselves with negative self-talk instead of positive self-talk? That would be like choosing to be around Negative Nicki all of the time – choosing to be around someone who is always finding something wrong with you and tearing you down! Can you imagine that? Yet most people put themselves down every day.”

“I had no idea. What can I do about it?” asked Trudy.

“Let’s talk about self-talk,” answered Wyatt. “So self-talk is what we say to ourselves either with our words or through our thoughts. There are two types of self-talk. Positive self-talk and negative self-talk. Positive self-talk ‘builds us up’ and makes us feel good about ourselves. Saying things like “I can do this” or ‘I’m going to do great’ are examples of positive self-talk....”

“You mean like if I tell myself I’m going to do great at cheerleading tryouts?” asked Trudy.

“Exactly,” said Wyatt. “...Negative self-talk tends to “bring us down”. Saying things like “I can’t do this” or “this is too hard” are examples of negative self-talk. Negative self-talk creates bad energy and feelings of fear and self-doubt. Negative self-talk creates major grungies.

“Oh...like when I told myself I probably wouldn’t be going up on stage anyway,” confirmed Trudy.

“You got it,” said Wyatt. You are the most important person in your life and it is your job to lift yourself up and make yourself feel good. What you



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say to yourself is more important than what anyone else says to you. As a leader of your own life, you have the power to choose what you say to yourself!

With positive self-talk, you become your own BFF – best friend forever!

“That’s cool. I want to be my own BFF,” exclaimed Trudy with excitement. “One thing I don’t get....how does self-talk work?”

“Ah...that was next...,” shared Wyatt. “You see your self-talk programs your mind – both your conscious mind and your subconscious mind to create what you say. If you say you won’t do well on something, your mind will work to create that. If you say you will do well on something, your mind will work to create that too. Each time you state what you want, you build neural pathways and trigger your RAS to make it happen. It’s important to make sure your mind is working FOR you and not against you!”

“Wow...that makes sense. I knew that visualization and affirmations did that but I didn’t realize that self-talk did that too!” said Trudy.

“Yes,” answered Wyatt. “Your words and your thoughts can make you feel great and make you feel powerful; or they can create the grungies. It’s up to you to choose what you want.”

“I want to be my own BFF!” said Trudy. “How do I create positive self-talk?”



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“There are two steps,” answered Wyatt. “First is to notice your current self-talk - just pay attention. Ask yourself, is this thought helping me? If you hear negative self-talk then gently shift to power talk – which is just positive self-talk.

Second, you can have positive self-talk on purpose. Practice saying positive messages to yourself throughout the day. Start first thing in the morning when you look in the mirror then continue throughout the day. Whenever you are about to do something, send yourself a positive message. Each time you look in the mirror, send yourself a positive message. Right before you go to bed send yourself a positive message and set your goal for the next day.”

“That sounds cool!” said Trudy. “I’m going to work on this every day! Thank you so much for teaching me this!”

“You are quite welcome,” answered Wyatt with a wink.

“You’re my BFF Wyatt...and now I am my own BFF too!” smiled Trudy

And POOF Wyatt was gone!

*** The End ***



Wyatt's Wrap Up

Message from Wyatt the Wise Wizard!

Hey Kids,

I hope you can see just how powerful self-talk is! It is probably one of the most important tools for creating positive self-esteem and powerful self-confidence.

There are three very important activities included in this skill book. The first gives you an opportunity to practice shifting grungy talk to power talk. Take time to do this activity and get some practice!

The second activity gives you a chance to create a mirror mantra. A mirror mantra is a short positive statement to say to yourself every time you see your reflection in the mirror! This is a great way to start building a habit of positive self-talk.

The third activity is a self-talk journal. Keeping a self-talk journal for a week is a great way to notice what types of thoughts and messages you say to yourself.

Also, there are a couple of key points I want you to remember:

1. Always be aware of what you say to yourself through your thoughts and your words.



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2. If you notice grungy talk, gently shift to power talk. There is no need for “self-beat up” or frustration if you spot negative self-talk...just gently shift.
3. Practice your mirror mantra every day - many times a day!
4. What you say to yourself is more important than what anyone else says to you.
Speak wisely!

Remember to do your Wise in Fives!

Adventures well my friend!
Wyatt