

Taming Your Negative Voice



Welcome to today's adventure

We are focusing on detoxing your mind. We all have this negative chatter that goes on in our heads that just doesn't serve us. And if you think you are the only one that tells themselves bad things on a daily basis, then it is time now to dispel that myth forever.

So what is it's purpose?

We all have negative beliefs about ourselves. They develop as we grow from being a child to being an adult. They are beliefs that we pick up from our parents, grandparents, teachers and responses to event that happened in childhood. These beliefs can hold us back from achieving the things we want to achieve in life and we can get trapped into repeating behaviours that don't help us either.

Our negative voice, or our Chimp, as it has often been called is there to keep us safe. It tells us lots of lies about ourselves and unfortunately these can help to keep us small and from achieving all the things we want in life.

Whilst we can never get rid of our negative voice altogether there are ways in which we can learn to manage it so much better.

So, let's dive into today's exercise to help you to do just that.

The first key thing is to start to become aware of the negative things that you tell yourself on a regular basis. Notice when your thoughts become negative.



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5. Now get yourself some post-it notes or small pieces of paper. Out of all the negative things you say to yourself. Pick the 3 which are the biggest and ones you constantly say to yourself. Write down the positive version on your post-it notes and put them somewhere you can see them every morning. Your bathroom or dressing table mirror for example.

Read them to yourself every time you go past them.

Start to practice and become aware and notice when your negative voice kicks in. Stop and then turn it into a positive and say the positive version to yourself.

Wishing you every success!

And please don't forget you are worth it!

