



## Self-Talk Practical Exercise

🔥 Certain thoughts become habits in the same way that actions do.

🔥 Any habit can be changed with some intentional and consistent effort, and that includes self-talk that isn't supporting you.

🔥 *Cancel that order!* is an easy way to get rid of negative self-talk and instead replace it with positive thoughts.

### Application Question/Activity:

1. The first step in *Cancel that order!* is to identify one thing that you say to yourself frequently that isn't supporting you or your success. Pay attention to your internal dialogue, and see what you hear that isn't positive. It could be statements like "I never do anything right" or "Nothing ever goes the way that I want it to."

2. Next, create a replacement thought. It can be a phrase or an image. For the examples above, you might use "I do things right all the time" and "Everything goes my way." You want the positive statement to feel uplifting and motivating.

3. Now, pretend that everything that you think is a request that you are sending out into the universe. If you think, "I will never get that job," you are asking for that to happen. We don't want that! So, cancel that order! It's a good idea to actually think the phrase, "Cancel that order!"

Then place an order for what you do want – your predetermined positive phrase. It's a good idea to have one in mind that you can pull up quickly. After a while, the neural pathway that supported the negative thought will begin to dissipate, and a new neural pathway will be created and will strengthen for the new positive thought.

Use *Cancel that order!* whenever you catch yourself thinking a negative thought, and you can change your self-talk into a support mechanism for your success.