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Becoming aware of your self-dialogue – speaking kindly to yourself. Respect and honour yourself like you do others.

Acknowledge your negative self-talk, neutrally. Words are powerful – neutralise negative self talk, flip to a positive.

We're all guilty of slipping into negative thoughts about ourselves from time to time. Seeking help to recognise and challenge your negative thought patterns is such a powerful tool to boost self-esteem. Counselling techniques like Rapid Transformational Therapy (RTT) can help you to identify the root cause of limiting and negative thoughts and provide you with strategies to change your mindset.

As well as seeking help, another thing you can do is to become more aware of when you're thinking negatively about yourself and change the thought to a positive one. For example, you might be thinking "I don't deserve the friends I have in my life" to "My friends are amazing, and they are friends with me because they love me and I love them".

Speak to yourself like you'd speak to your best friend

Speak to yourself like you would to your best friend. You would unlikely, in earnest, tell your best friend to shut up, that they are stupid, an idiot, ugly, fat, So, why would you talk like that to yourself? Just like you're a cheerleader to your best friend, uplift and show yourself the same kind of respect and support. Be aware of your self-dialogue. When you do something silly, instead of saying "You idiot", neutralize the energy by laughing at yourself, and saying something like "You Silly Billy". You don't expect your best friend to be perfect, so give yourself the right to also be awesomely flawsome! Remind yourself of all your amazing qualities and traits you do have. Are you a great friend? Are you hardworking? Are you thoughtful? Make a list of all the beautiful things about you and read it whenever you're feeling frustrated with yourself or down.

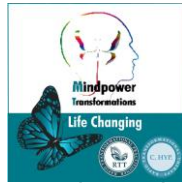
Move your body

- Exercise is a fantastic way to build confidence, release happy hormones and endorphins.

Making a commitment to yourself, honouring yourself the way you do others, being kind to yourself, sets you up for a joyful and successful day. Remember, the key here is to exercise in a way you ENJOY. That's the key to sustainable movement.

Nourish your Body and Mind

- Hydrate your body with plenty of fresh water.
- Eat real, wholesome, fresh food (avoid processed foods and sugar most days) Ensure food is an optimum fuel to power your body and mind, but it should also be a pleasure. Identify or find healthy food



you love. If you love gardening, grow some. Make cooking fun – give it a theme, invite friends to create and enjoy a healthy, delicious feast together. Play uplifting music while you cook, or listen to interesting, mind expanding/stimulating podcasts

- Meditate. Meditation has been recognized by science as having a profound impact on our mood, immune system, energy levels, and much more.
- Stimulate and train your mind as much as you should your body. Your brain is a muscle too and needs to be exercised to stay flexible and healthy.

Use your support system

- Surround yourself with people who lift you up and support you. Remember, don't be afraid to seek help when you need it. The people who love you would welcome the opportunity to support you, and pay you back for your kindnesses and support.
- Allow yourself to be vulnerable. This is a strength, not a weakness.
- You are not ever alone. There are caring people working for organisations such as Beyond Blue, who are qualified and more than happy to listen. You can contact Beyond Blue [here](#).

Do what makes YOU happy

- It sounds obvious, but many of us don't take the time to inject things into our day that make us happy. This can do wonders for our mindset. Have a think about what makes you happy – it might be walking with your dog, going to the beach or a hike in nature, painting, spending time with friends, cooking etc. Find what makes YOU happy and do that!

Know and embrace the Real You

- Ask yourself if you're living life authentically; in line with your core values. Write down your core values, then look at your relationships, your workplace, your choice of career, where and how you live. Are you happy? Are you able to show up as the genuine you, or are you having to hide and suppress the real you to please others?

Studies have shown that suppressing who we really are for a prolonged period of time can cause chronic dis-ease and detrimentally impact our mental and physical health. If you've noticed increased anxiety, depression, fatigue, becoming sick more frequently, it's a wake up call to take stock. **Don't ignore it.**