



3 SECRETS TO POSITIVE SELF-TALK

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Here's something I know for sure: Words matter, they can harm us or heal us. You've likely heard this saying before: *You are what you eat...*? Well, the same is true for the words we feed ourselves each and every day.

Our words are driven by our thoughts, and our thoughts create our reality. Our thoughts and our words will either build us up or tear us down. It's really that straightforward!

When I was in foster care in the United Kingdom, I was labeled with words that didn't lift me up. Here's a few for example: difficult to place, unwanted, illegitimate, strange looking, and a shame on the family. Shall I go on?

Those labels, which I call my *logos of limitation*, stuck with me. I believed that these words were true. The words were my identity. Daily, my thoughts would go to these labels and my words would confirm what I believed to be my reality: I wasn't worthy of love.

I'm not the only adoptee—or the only woman—who has ever felt this way. A coaching client recently shared her journey as an adoptee with me. She, too, had been haunted by childhood words that she couldn't seem to let go of. She said, "The words stuck and they suck!"

Negative words and thoughts do suck. There is simply no other way to say it. They hurt. They hold us prisoner in a place we don't want to be, but struggle to find a way out of.

Along my journey of self-discovery and self-love, I've learned a thing or two about conquering those words and thoughts that only seek to hold me down. I'd like to share 3 secrets that I use to recognize the negative thoughts and words, forgive them, and redirect myself toward positive and affirming beliefs.

In other words, these 3 secrets can assist you in transforming limiting thoughts into limitless truth. How does that sound?

You see, you have the power to decide that those negative thoughts and words no longer have a place in your life. This 3-step **Decide Again** method can help!

Step 1: Notice What You Notice. In other words, notice how a thought or a word is making you feel. No judgment—just notice the feeling, where it's showing up in your body, and the energy that's created. How is this energy affecting you? How is it affecting those around you?

Note: if you're awake, aware, and in a state of noticing, you'll see examples of how limiting thoughts and words are impacting you and others.

Step 2: Forgive and Move Forward. This is when the power of forgiveness kicks in. Take a moment to forgive yourself for having the limiting thought or for saying the negative words. You can even say "thank you" to the limiting thought or word because it's reminding you of what you don't want so that you can move forward to what you do want.

Step 3: Decide Again. Now, you get to empower yourself by deciding again. Reach for the next best-feeling thought or uplifting word and decide to replace the negative with the positive. Need an example?

Okay, here goes:

Negative thought/words: Things don't seem to ever work out for me.

- 1) **Notice what you notice:** I'm noticing that I'm thinking and speaking that things don't work out for me. I feel disempowered when these thoughts come to me. I often tell myself that a situation isn't going to work out before it even begins.

Note: Where our focus goes, energy flows. If we place our focus on things not working out, that energy will find us. So, be careful where you put your focus!

- 2) **Forgive and move on:** I forgive myself for having this negative thought or for using these negative words. I thank the thought or words for moving me away from what I don't want and directing me toward what I do want.
- 3) **Decide again:** Decide on that next best-feeling thought or speak the next best-feeling words. Perhaps, it sounds something like this: I believe that things are working out for me in ways that I can't even see, at this moment! I trust in a greater power working on my behalf. I'm worthy of love and happiness.

Get the picture? The **Decide Again** method is a quick way to catch yourself within a disempowering moment and redirect yourself toward positive self-talk and ultimate self-love. Give it a try and let me know how it works for you.

With love,
Michelle