

## ***EMPOWERING AFFIRMATIONS©***

### **You Can Benefits from "Negative" Self-talk**

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"Negative" self-talk is destructive when you allow it to use you; however, it can be most constructive when you use "it" mindfully. Your self-talk is not to be feared, nor fought. It is a call for your attention. Use your self-talk to obtain valuable information. This will increase your awareness of the beliefs you are carrying enabling you to create new beliefs in alignment with your intentions.

Here's the framework...

### ***EMPOWERING AFFIRMATIONS©***

- 1) Write down precisely what you are saying to yourself
- 2) Make a note of how this self-talk makes you feel
- 3) Drop the label "negative" from your self-talk and appraise it as valuable information
- 4) Ask yourself, "What beliefs are underlying my self-talk?"
- 5) As you begin to identify beliefs, you will begin to hear a conversation between two inner voices; a "fearful disempowering voice" and a "loving affirming voice"
- 6) This conversation between the "two voices" will often identify other beliefs so continue to write down this valuable information
- 7) Use this data to create Empowering Affirmations
- 8) Out of habit, the "old" self-talk may show up. [Use Mental Principle #8 Cancel and Replace technique](#) to interrupt the old patterns and establish the new mindfully created Empowering Affirmations

Example...

#### **Step 1 – I write down precisely what I am saying to myself:**

I just can't move forward in cultivating my coaching practice

#### **Step 2 – This is how I am feeling as I hear this self-talk:**

I feel tight, foggy, tense, and tired, frustrated and sad

#### **Step 3 – I mindfully drop the label "negative" from my self-talk:**

This self-talk offers me an opportunity to gain volumes of valuable information

#### **Step 4 – What beliefs are underlying my self-talk?**

I'm not good enough  
I don't know enough

#### **Step 5 – I hear my fearful voice affirming:**

I might hurt someone  
I may disappoint myself  
What if I'm no good at this!?

#### **I hear my loving voice affirming:**

I do have many skills  
I do have many resources, trusted associates, professional materials etc.  
I have a passion for people and love to support them  
I will attract those who are ready to receive my support at my present level of development  
Supporting these people will enable me to gain experience and become a better and better coach

#### **My fearful voice affirms:**

Successes may have backlashes  
If I am successful I may lose friends, intimidate others, I might be judged

#### **Step 6 – I see how I am carrying other beliefs:**

Success means I may lose something  
I am concerned with how others view me

#### **My loving voice affirms:**

Many people need and want what I have to offer  
This is about a loving intention to share my gifts and skills with others  
I owe it to myself, and others, to have an experience  
I want to move from "How am I doing?" to "How can I help?"

#### **Step 7 – Create Empowering Affirmations**

I am enjoying the process of building my coaching practice  
My love and passion for people attracts me into action and attracts people to me  
Lives are enhanced as I apply my God given talents and bring rich resources to my practice members

## Step 8 – Cancel & Replace Techniques

Whenever old self-talk shows up, I apply the [Cancel & Replace Technique](#). I interrupt the old self-talk and replace it with my **Empowering Affirmations**. I then redirect my attention back toward my loving and [meaningful intentions](#)

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### Related Material:

For a greater understanding of “The Two Voices” read the “Intentions” Article, [“You’re Not Going Crazy, You’re Just Waking Up.”](#)

See [The Top Ten Mental Principles for Evoking Your Greatness](#) for more on Intention, Awareness, Appraisal, Belief Expansion, Cancel & Replace Techniques and more.

See [The Power of Intention exercise](#) to develop greater clarity of intent.

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