This introductory Factsheet provides an overview of the benefits of positive self-talk and your personal ‘call to action’ to experience those benefits for yourself. This overview includes and understanding of what positive self-talk is, it’s benefits, and how you can get started straight away to experience those benefits for yourself.

**Introduction**

**Positive self-talk**

Talk to yourself as you would someone you love! A cliché but nonetheless so true, give yourself the benefit of self-love. Some people argue that before you can love another person, you need to love yourself, but is that true? Can we love ourselves? Imagine what impact it could have on self-confidence if we really felt highly of ourselves?

It is suggested that when we are surrounded by negative news/people up to 80% of what we hear, read, and watch is stuff that pulls us down, but why do we accept this?

**The benefits of positive self-talk**

The benefits of regularly using positive self-talk include: longer life (positive people live longer – assuming they don’t have a nasty accident!); lower rates of depression, distress, anxiety and fear; higher immunity to common ailments such as colds; better mental, emotional and physical wellbeing (positive people tend to be more active); reduced risk of serious illness such as cardiovascular disease and even cancer (these are now associated with high stress and continual anxiety); better resilience and coping skills during challenging times.

**How to use positive self-talk**

As with so many things in life the foundation and start is self-awareness. We use the analogy STOP, so for a moment STOP, THINK (about how you talk to yourself) OBSERVE (how you feel when you talk to yourself in a negative and then positive way), PLAN (to use positive self-talk to experience the benefits identified earlier). Do this STOP exercise regularly for the next 7 days (use positive self-talk 5-10 times every day for consecutive days) as research suggests it takes about 7 positive self-talk statements to cancel out one negative one. Next, think about an area you want to change in your life, so for example improving your levels of self-confidence. Then identify between 5 -10 positive self-talk statements you could use, for example; I approve of myself and am a worthy person; I am confident; I have high confidence and respect myself; I solve problems; I deserve success; I have the confidence and power to change things in my life; I make powerful decisions; I choose to be happy etc.

Say these positive affirmations to yourself as if they are already happening, as if there is no doubt.

The key is repetition, so using the above example, if you really want unstoppable self-confidence use these positive affirmations at least 5-10 times daily, for at least 7 days, but preferably 30 days and if you continue with it, at some stage in the near future, your mind will actually believe it is true. You will then do all the thing a person with unstoppable self-confidence will do.

 **Summary**

The benefits of replacing negative to positive self-talk isn’t going to happen overnight. If your mind has ingrained habits of thinking negatively, it will take some work and time, but with commitment you can make substantial change in life and positive self-talk is part of this change.