

# Personal Power Talks

By Terri Norvell

Did you know that everyday you have 50,000 thoughts? Amazing when you think about it! Starting your day with good food for your mind is as important as good food for your body. That's why I call Personal Power Talks (PPT's) the 'breakfast of champions'. Personal Power Talks are when you initiate some positive self-input and tell yourself what you want to create and who you want to become. You have an opportunity everyday to get closer to who you want to be and to help yourself to achieve exactly what you want to achieve. It's amazing and it works!

It seems so simple to tell ourselves positive things - motivational comments, supportive ideas, words of encouragement to achieve powerful results. Yet the reality is that more often we don't. We are typically harder on ourselves than others are. We take ourselves so seriously and we are judgmental of our actions. Rather than recognize what we can do or have done well, we tell ourselves that we should have done this or shouldn't have done that.

PPT's can have such a powerful effect upon us because we actually believe whatever we tell ourselves! Our mind has an unusual ability to achieve our visions, if we keep focused on them. Good news and bad news. Good news that this we have the ability to put positive beliefs into our minds and bad news that we do not use this ability to benefit ourselves more.

I have recently been exploring the use of PPT's with associates who are successful in their personal lives and business. There seems to be a pattern in what these people tell themselves. Good news! Many have developed the habit of using PPT's when they want to create something specific in their life or when an obstacle is in their way. They envision what they want and then create a statement that they already have it or already are living in a certain way. Other times they start with what they do not want in their lives to create a positive vision of that outcome. Amazing results have been achieved by so many in this way.

What's interesting about using PPT's is that your mind takes it in and acts on it! Your mind knows no difference between reality and pretending!! Good news! Really good news! Now is the self-talk going to produce the result alone. Maybe - maybe not. You are planting the idea seed of what you want in your life. Often times this idea seed propels you into taking some action. Action that will bring the idea into reality. Think about it...doesn't most everything start with a thought or a belief in a possibility?

Create the day and the future that you want by using your Personal Power Talk! What are you telling yourself right now? If it's not positive, change your message and watch it change your life!