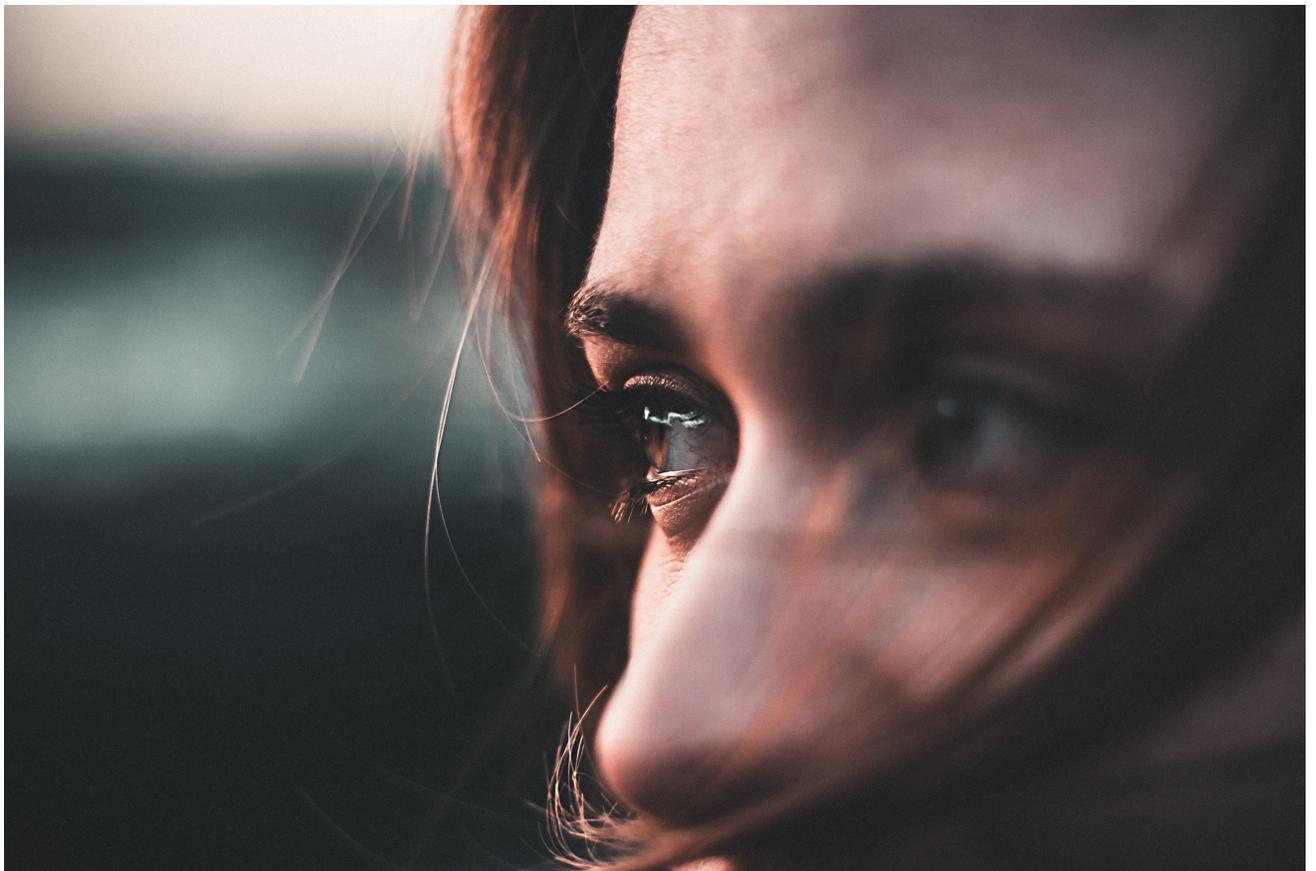


**THE TOP 5  
MOST EFFECTIVE WAYS TO  
ELIMINATE YOUR NEGATIVE  
SELF-TALK**



**By Mari J. Perez**

## THE TOP 5 MOST EFFECTIVE WAYS TO ELIMINATE YOUR NEGATIVE SELF-TALK

Most of us, especially women, can frequently go into the habit of negative self-talk. Our inner voices are constantly buzzing away in our brains. We tell ourselves that we are not good enough, that we don't have what it takes to achieve the goals we have in our life. It is important to find ways to eliminate the negative self-talk and self-criticism that may erode our self-worth and self-esteem.

When our minds connect in a pattern of negativity we become accustomed to expect the worst of ourselves and we disconnect from the good of life.

Here are the 5 most effective and easy ways to change negative thinking patterns and replace them into more empowering ones.

### 1. Envision

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Create a vision of a confident woman that achieves the success you want in your business and in other areas of your life. Words and images are powerful. One way is to create a motto that reminds you of a strong woman that you are. I like to tell myself that "I am unstoppable", that no matter what the situation is, I am moving forward with my dreams. Writing your vision will make it more powerful.

You can use visualization to imagine yourself managing situations with ease and confidence. Your vision of success is the first tool you have to overcome negative self-talk.

### 2. Identify

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Noticing what you are noticing means to become aware of when you're being negative with yourself. We all have ways of thinking, a collection of habits based on our beliefs that translate into our realities. These are paradigms. Becoming able to recognize them is an important step in the process of interrupting the patterns that cause us stress and self-defeating behaviors.

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This is like becoming a watcher of your thoughts. With consistency and discipline, the old thoughts will start to lose control over your mind.

### 3. Pause

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After you identify the negative self-thought, stop it in your mind. This means to put the negative thought on hold rather than being drawn into a pattern of negative thinking. One visual way is to imagine hitting a pause button. I have played with images of a red big button like those you see in the elevators protected with a glass case.

Taking a deep breath is another way to interrupt the pattern by re-shifting the energy. Inhale deeply, hold your breath for few seconds and then exhale through your nose.

Bringing awareness to the breath will help you to relax both physically and mentally.

### 4. Replace

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After you have paused, replace the negative thought with positive thoughts and affirmation aligned with the confident woman that you are.

Words and thoughts that are repeated often get stronger. At this moment is useful to bring the words and images that you created to remind you of who you really are. You can use phrases such as "Up until now" to move you away from the paradigm into a thought that is aligned to your vision.

If you consciously choose the thoughts, phrases and words that you repeat in your mind, your life will start to change. You will begin creating new situations and circumstances. You will be using the power of affirmations.

### 5. Reconnect

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Bring the vision forward by seeing yourself managing situations with confidence and poise. Recall the words and images that remind you of your

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vision. Use "I am..." at the beginning of the sentence that best describes the qualities and behaviors that you are exhibiting in the new woman that you are. A vision is the 'energetic pull' that will help you move forward.

Practice reconnecting with your vision several times a day to get in alignment with your image of success.

## Conclusion

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As we had discussed, negative self-talk is something that we all women had experienced. If we are not careful self-criticism may take over a lot of our mental space leaving us with limited capacity to become creative and motivated to take bold actions toward achieving our most daring dreams.

The good news is that practicing these five steps consistently will bring you more peace and you will be able to create a healthier self-image and bring success to your life. 1) Envision, is about having a clear vision of success. 2) Identify, is becoming aware of the self-talk. 3) Pause, is about setting the negative thought in a hold pattern. 4) Replace, is to supplant the negativity for a positive thought and 5) Reconnect, is to bring to mind the vision with all the excitement and energy of the woman of success you are becoming.

If you are someone committed to your dreams of reaching your potential as a successful businesswoman, you may be the one to take a step forward to learn additional tools to remove negativity from your mental repertoire. You can become your best version today!

Click the link below to schedule a time in my calendar for a complementary assessment.

## About Mari

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Life Mastery Consultant, Trainer and Professional Speaker.

As a certified Life Mastery Consultant, Career Coach and Speaker, Mari can help you design and manifest a life that's in harmony with your soul's purpose.



With more than 22 years of experience in talent development for global organizations, Mari has assisted hundreds of individuals and teams to develop their skills and talents for better careers.

She is thrilled to live her purpose of empowering Latin professional women to reconnect with their internal power - so that they can dream big and accomplish more in all contexts of their lives-. Mari's wealth of experience achieving a rewarding career as a Latin woman in the United States is an immense asset because she can relate to the challenges and opportunities they face. As a natural storyteller Mari enriches her workshops with relevant stories that she has turned into lessons for more meaningful learning.

You can contact Mari at [www.doorwaytosuccess.net](http://www.doorwaytosuccess.net) or call at 001 832 201 6808 to set up a complimentary call.