

3 Dimensional Success

Welcome to Inspired Living



Welcome Friends, to another very interesting edition of Inspired Living!

Happy New year and I trust that you have been busy filling your memos with goals for 2009 just as suggested in our previous edition of Inspired Living.

This edition is packed with life changing information about your internal monologue/dialogue!

What is it? The conversations we have with ourselves, in our own minds are our internal dialogues. We do this a million times a day but as we can only process a certain amount of information at once.

It is said that we're capable of boasting about ourselves more than anyone else can do for us and that we are also our own worst enemies and that we can denigrate ourselves more than anyone else can do for us. Much of these two polarities take place in our internal dialogue, otherwise known as our self talk.

What do you talk to yourself about, do you praise yourself for a job well done or do you reprimand yourself for what you have decided you have not done to your satisfaction? How do you talk to yourself? Do you use positive language or do use berate and scold yourself using very negative self talk?

The way you speak to yourself holds many clues about your belief system that is a range of beliefs you have in your unconscious mind which you chose to take on as a result of the way you interpreted a series of experiences often beginning in childhood.

However we'll explore beliefs in our subsequent edition.

Let's stay focussed on our self talk. Our minds think in pictures remember, so if we are talking to ourselves using negative and destructive language it's going to reflect in our physiology that is we are going to feel like "crap". If we choose to speak to ourselves using positive and constructive language, we are going to feel much better about ourselves. For example, if you have just completed a project at work and you don't like the way it was completed, rather than berate yourself about how badly you preformed, talk to yourself about what you can do differently next time? Ask yourself what you have learned from this opportunity. A leading Coach in America by the name of Anthony Robbins said that the quality of our lives is determined by the quality of questions we ask ourselves. Be gentle, every opportunity which lands on your doorstep is an opportunity to learn something new. Be kind to yourself, treat yourself with respect, honour and love.

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Speak to yourself with respect, honour and love, because you deserve to

Become very aware of your self talk and the language you use when this dialogue is taking place in your mind. Next time you notice you are using destructive language – STOP- and choose constructive language. If you continue to do this over time, you will inevitably notice some changes in your behaviour and in the way you feel about yourself. Give this a go, it requires little effort and it's life changing!
You want to live a more inspiring life don't you? Here's another step toward it!

Remember if you think you can, then you can !! It's that simple!
Questions, feedback and article topics welcome at tl@3dimensionalsuccess.com.au

Until next time

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