



How to Boost Your Self-Confidence With Positive Self-Talk

Yogi Berra once said that ninety percent of the game is mental. He was talking about the game of baseball, of course, but your attitude determines your altitude in every area of your life. Your thoughts determine your destiny!

A can-do attitude and a healthy dose of self-confidence is all you need to succeed. You, too, can be one of those go-getters who achieve great things.

A little positive reinforcement can go a long way in boosting your self-assurance. Self-talk that supports your goals will have a greater impact on boosting your overall self image than the opinions of others.

You are the Master of your Fate

Do you feel that your life is lacking in some area? If you're experiencing challenges romantically, professionally, or in any other area of life, know that you are the key to changing it. Instead of placing blame on yourself and feeling defeated, realize that you are your greatest chance to effect change that leads to success in any aspect of your life.

You Can Do It

Are you plagued with self-doubt? Do you feel like you're not up to the challenges that life throws your way? In reality, your spirit is capable of achieving greatness when you exercise your willpower and back it up with positive, encouraging reinforcement. If you believe that you can succeed, and put in the effort, you will succeed.

One of the problems with doubt in your own abilities is that it creates a self-fulfilling prophecy. You think you're going to fail and so your mind sets out to reinforce that idea. Your thoughts lead to actions that produce detrimental results.

But this can work the other way, too. By telling yourself that you can succeed, you create a self-fulfilling prophecy that supports your success.

Positive Reinforcement is Optimistic

When you believe that you can succeed, you'll feel more confident to take the steps that are required to overcome the challenges you face. With positive reinforcement, even failures become opportunities to learn and grow.

You can replace the voice in your head that causes you fear with one that pushes you forward by focusing on the good within yourself.

Convince yourself that you're capable of greatness by replacing negative thoughts with more productive self-talk. Then, when you do achieve your goal or overcome that challenge, you'll have an additional dose of confidence that will spur you on to greater success.

Cue the Music!

For big challenges, support yourself as much as possible. In addition to speaking words of encouragement to yourself, consider playing some music to pump you up. Whether it's the theme to Rocky or Europe's The Final Countdown, music can boost your self-belief and ease your worries.

If you don't have an MP3 or CD player handy, hum your favorite songs while you prepare. Inspirational tunes can make you feel like you can take on any challenge.

Your mind plays a large part determining the level of success you experience. Tell yourself that you can do it. Positive self-talk will increase your confidence in your own abilities. When you add the drive and willpower, you can achieve anything you want in life!

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