

WEEK 10  
*Sexy* MOTIVATION  
*How To Become the Tinder  
of Your Own Self Talk*

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# DO NOT FEED THE FEARS

*Are you a purposeful creator  
or a victim of your self talk?*

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YOU CAN'T CHANGE YOUR PATTERNS UNTIL  
YOU KNOW HOW THEY ARE SERVING YOU.

3 DIFFERENT TYPES OF SELF TALK:

## **1. I SEE IT & I ACCPET IT** (Negative acceptance)

Most harmful self talk.

We say something neg about ourselves, we know it's negative and we accept it as "how we are".

- I'm just fat...
- That never works for me
- This ALWAYS happens to me

This self talk creates:

- Doubt
- Hesitation
- Fear
- Stagnation
- Accept less for ourselves
- Confusion

No thought lives in your mind rent free.



### 3 DIFFERENT TYPES OF SELF TALK (cont.)

#### **2. I SEE IT BUT I WON'T CHANGE IT** (recognition without action)

It LOOKS like you're on to it, but you never actually DO anything about it.

It looks like this:

- I need to...
- I should...
- I ought to...

This self talk SEES the problem, but creates NO SOLUTION.

This self talk creates:

- Guilt
- Disappointment
- Frustration

#### **3. I SEE IT. I OWN IT. I CHANGE IT** (decision to change followed by action)

You see what you want to change, you re-program, you A.C.T.

**A** ACTION

**C** CONSISTENCY

**T** TIME

Act like the person you want to become. This is you living BY CHOICE rather than by DEFAULT PROGRAMMING.

This is you stating new decisions as if they are FACTS.

- I always make food choices I feel great about
- I am compassionate with myself

This self talk:

- Empowers
- Encourages
- Propels us forward because we have a CLEAR pic of what we're moving TOWARDS.

No thought lives in your mind rent free.



# LABEL / RELABEL



Write down the old beliefs that are no longer serving you and then relabel using the techniques discussed in this module.

Remember to keep it positive and affirmative.

## LABEL

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## RELABEL

Example:

*I know I should go to the gym*

*I'm enthusiastic about self care*

*I can't have junk food in the house*

*I feel at ease with a wide variety of foods around me*

*I never follow through. I'm lazy*

*I value feeling good above all else*

Remember to share your sassiest ah-ha's in the Facebook group!