

## DAY 12

Hi All

Yesterday we talked briefly about self talk but let's get a bit clearer.

Try saying some of the things you say to yourself to someone else. Whoaa!! I can't do that they will never talk to me again- I hear you say. So why do we say those things to our self? It is important to set up the right self talk every day. Why is it that some of the most beautiful women in the world consider themselves ugly or needing improvement? Why do some men who are powerful in their occupation feel the need to belittle others? It is usually because of self talk. And don't those closest to us find it out at times as we occasionally let those words out (that we say to ourselves regularly) that we wouldn't dare in front of others. I think it is called keeping up appearances!!

So let us resolve to be true to ourselves and nice to ourselves. I hear the cynic say but being positive isn't true, being realistic is. The fact is that is realism leads to mediocrity and you (and those around you) deserve more than that!!

It is so important to feed the positive voice inside of us and be aware and stop the negative voice. Nelson Mandela immortalized the words originally written by Marianne Williamson.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Please take on board these words and **know** that the changes you are making will positively impact others.

Let's resolve to act as adults and take control of our thoughts as we control what we put in our mouth. Eventually both become second nature and then **WE ARE POWERFUL BEYOND MEASURE!**

So let's pick up our affirmations again and think about the example we are setting to those closest to us.

Talk tomorrow,

Jamie