

Power-Talk™ Exercise

The POWER of Self-Talk

power-talk | 'pou(-ə)r| - tōk|

"When we THINK or repeat something positive and powerful over and over we will eventually accept this as truth. Moreover we will BELIEVE it to be the truth. Everyone is what they are, because of the DOMINATING THOUGHTS which they permit to occupy their mind"

You are **"The Master of your Fate, the Captain of Your Soul"**, because you can control your thoughts.

You can do 10 minutes of Power-Talk in the morning and 10 minutes before you go to bed. The key here is consistency, so do it even if you don't want to. This is the KEY! Consistency changes those things that are holding us back. Remember what you tell yourself over and over again becomes your reality, who you are or who you will become.

Here are the Power-Talk steps:

- 1. Put on the mood music in the background.** If you are unable to do the music for whatever reason, still do the exercises.
- 2. Who I Am:** Write down who you want to become or how you want others to see you and what you want to achieve in life. Be very descriptive and make sure you shoot for the stars here.
- 3. Say this out-loud with conviction, 3 times:** "I know I have the ability to achieve the object of my **Purpose/Goals/Who I Am** in life, therefore I **DEMAND** of myself persistent, continuous action toward its attainment, and I here and now promise to render such action. *(You need to write down your goals in very vivid detail. This is what you will focus on and you don't need to do a bunch of them, just the ones you want to really work on at this time of your life)*
- 4. Read this aloud:** "I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, **I will concentrate my thoughts for thirty minutes daily**, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.
- 5. Repetition:** I will read my "Who I Am" statement 2 x's a day, once in the morning and once at night.

6. **Read** these positive affirmations aloud 5 times each. Again, do say it with meaning! You can also add to the list as you go.

Affirmations:

- I am DRUG FREE
- I have inner strength
- I am valuable
- People respect me
- I am a true friend
- I am confident
- I am a strong person
- I am a success
- I have faith in my future
- I have the power to realize my goals
- I take charge of my life
- I stand firmly in my belief in myself
- People like me
- I care for people
- I am interested in others
- I have self-confidence
- I choose to be happy
- I am courageous

7. **Read this poem out loud with meaning 2 times a day:**

*"If you **think** you are beaten, you are,
If you **think** you dare not, you don't
If you like to win, but you **think** you can't
It is almost certain you won't.*



*"If you **think** you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will –
It's all in the **state of mind**.*

*"If you **think** you are outclassed, you are,
You've got to **think** high to rise,
You've got to be sure of yourself before
You can ever win a prize.*



*"Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man **WHO THINKS HE CAN!**"*

I believe in YOU! Just take it a day at a time and don't worry if you are not perfect at it, it will soon become a habit.

Your Friend,
Todd Sylvester