This presentation will cover the power of positive self-talk. To begin, here’s a question for you: Do you ever find yourself talking about yourself negatively? If you do, then this will be the presentation that you want to pay attention to.

It goes without saying that the more you keep saying things, the more they become beliefs. So it would make sense when your negative talk becomes negative beliefs. And that leads to bad things happening.

Sure enough, we don’t want that. So we’re going to go over some reasons why positive self-talk is important and why you should make it a regular habit.

The first thing we’ll look at is how it enhances your mental and emotional well-being. When you are talking yourself up positively, you feel good about yourself. You feel happy about yourself most of the time.

Not so much in a bragging sort of way. You are feeling happy and positive to the point where you spread it to others when you demonstrate it naturally. It’s important that you talk yourself up positively every time you have the opportunity.

You will also need to train yourself to catch any negative talk or thoughts. It’s normal to let some slip through the cracks. But it’s always a good idea to be vigilant about catching negative thoughts and sayings.

When you do, this will give you the chance to turn it around. Instead of talking negatively, do a 180 and turn it into something positive. For example, instead of “I can’t do this”, rephrase it as “I can do this.”

Instead of “it’s too hard”, rephrase it as “it’s a challenge, but I’ll get there”. See what we mean by this? So it’s important for you to catch yourself saying negative things and then rephrasing them as something more positive.

Remember, the more you say positive things about yourself - you start believing in the positive. You start showing it subconciously.

Self-talk will also allow you to achieve your goals with vigor and drive. When you are a positive person and talk yourself up in such a way, you start to get this feeling. The feeling that you can do anything and can get the job done no matter what.

You don’t care about perfection. You don’t care about making a mistake. You just want to get it done.

Sure, the quality of work should be good. But say to yourself, “I’ll make a mistake. And that’s OK because it’s a learning experience.”

Lastly, positive self-talk can help with your physical well-being. You’ll stress less. Meaning you won’t feel the physical effects of stress.

You won’t be putting a lot of physical harm on your body. Meaning you won’t be risking any danger to your health - such as the short-terms or long-term negative effects of stress. Not only will you be doing your mind a favor when it comes to positive self-talk, but so will your body.

So be kind to yourself with positive self-talk. Yourself - both inside and out will thank you.

This will do for this presentation. We hope you were able to get something good out of it. We appreciate your efforts in making positive self-talk part of your daily life.

The power of it is greater than you realize. If you don’t believe us - give it a try. Be sure to catch yourself saying something negative and rephrasing it as something positive. When you keep doing this, it becomes second nature.

And before you know it, you’ll be feeling and radiating that positivity. You’ll be spreading it among others and people will appreciate that every time they see you. Thanks for checking out this presentation, we’ll see you again soon.