

Your Chatter Matters! A Self-Talk Cheat Sheet

1. Hello Gorgeous! Start your day with a high five in the mirror. It's a date with destiny, and you're the star of the show that is TODAY!
2. Yes, I Cannes! Whenever doubt creeps in, remind yourself that if a little film festival in France can become a big deal, so can you.
3. Got a case of the 'cant's'? Flip it into the 'cans'! For example, "I can't do this," becomes, "Of course, I can do this. I'm the QUEEN of I can!"
4. What would Beyoncé do? Channel your inner Queen B or another person you admire. Harness their power, their confidence, their stride... then use that confidence throughout your day!
5. Throw a Pity-Party-for-One? RSVP 'No'! Instead of "Why does this always happen to me?", say "Plot Twist! Let's see how this unfolds." Game changer!!
6. Be your own hype-person. Use your affirmations on the daily—remember, your inner chatter MATTERS!
7. The Yes Woman. Say "YES" to new experiences and adventures. Sit up front and yell, "Let's GO!"
8. "To-Don't" List. Some things are better left undone. Like worry for example. "I have graduated from the school of hand wringing. Worry isn't for me."
9. The Past is a Foreign Country. They do things differently there, but your passport is for the present. You may have been there, done that and got the t-shirt, but isn't it a little old and raggedy now?
10. The Future is Now. Rather than "What if it doesn't work out?", say "What if it DOES? How awesome would that be?"
11. DJ Spin That Record! If negative thoughts are playing on repeat, flip the record. Turn a favorite affirmation into a mantra—use it DAILY as much as necessary. This is when you bust out the 3 x 5 cards! Take them EVERYWHERE!

This cheat sheet combines humor, positivity, and a big serving of FUN to make your self-talk not just beneficial, but enjoyable.

