**Positive Self-Talk = Winning Attitude!**

Speaking with good purpose doesn’t only relate to how we speak to others. We also need to speak with good purpose to ourselves. Positive self-talk is all about increasing positive thoughts and decreasing negative thoughts, and the more we do this the more we cultivate a winning attitude.

Your most valuable asset is a positive attitude. If you have high expectations for yourself, high self-esteem, and the belief that you will succeed, you will have high achievement. It’s an old saying, and it’s still true: What you think about, comes about. As Henry Ford put it, “Whether you think you can, or think you can’t—you’re right.” Think like a winner, and you will win.

Decide to have a positive attitude, and things begin to change immediately. Possibilities become probabilities, and limitations become opportunities. When you expect the best, you’re inviting the best to become reality. Expect the worst, and you’re inviting failure.

Throughout life, there are obstacles to be overcome. How you handle those obstacles can often make the difference between success and failure. If you approach situations with a negative attitude, chances are you will live up to those low expectations and have a difficult time succeeding. But by developing positive self-talk, you can find the courage to handle almost anything.

The next time you’re faced with a difficult situation, try some of the following positive self-talk messages. Whether it’s learning something new or overcoming barriers on your way to achieving a goal, hold those positive thoughts and you will win!

- I know I can make this work.
- My mind is uniquely capable.
- I’m committed to mastering this.
- Everything is supporting me in reaching my goal.
- The more I practice, the better I get.
- I get better every day.
- Now I’m on the right track.
- This is fun!
- My brain is in high gear.
- I’m really proud of myself.

Positive self-talk also works when you’re facing what you might consider to be negative situations on a daily basis. Although you aren’t always in control of the circumstances in your life, you’re totally and absolutely in control of how you react to them. For example, when you think to yourself “I’m bored,” remind yourself that you are choosing to be bored. You can also choose to look for something positive, something you can enjoy or learn from the situation. You do choose your reactions—imagine the difference it will make when you begin to talk yourself up rather than talk yourself down.

Cultivating a winning attitude takes practice, but eventually it will become second nature. Once you see how easy it is to affect your own state of mind with positive self-talk, you’ll be amazed at the effects your winning attitude has in all areas of your life.