

Self Talk: Self Talk refers to the ongoing internal conversation with ourselves, which influences how we feel and behave.

For example, you find yourself in a traffic jam while rushing to work one morning. You self-talk could be pessimistic and you might think, "My whole day is ruined. If I don't get to work on time, I'll never hear the end of it. My boss will think that I'm no good and will surely pass me up for that promotion I've been working all year for." You will then start your day in a bad mood and feel demotivated thinking that there's no point in working hard since you already ruined your chances for a promotion.

On the other hand, you could have a more positive self-talk and think, "I'll probably be no more than ten minutes late. I guess I'll just have to take a quick lunch instead of going out to eat. If I can turn in my report before the end of the day and make sure that it's error-free, I might still have a chance to get that promotion."

<http://www.alleydog.com/glossary/definition.php?term=Self%20Talk>

Most people will approach the plan by establishing processes, allocating resources, putting in place measurable benchmarks as well as defining the success of the plan. However, not many do psychological preparation to achieve the target. A large majority of people are merely **executives**. They feel that the things they have to do in order to achieve something are merely tasks.

People who are passionate about the plan they are implementing are **leaders**. Leaders not only have to lead others, but also themselves in order to achieve something of significance. They believe that what they are doing will change their lives and the lives of others. That is the difference between executives and leaders.

<http://www.heritage-tech.net/281/the-power-of-self-talk/>

A limiting belief is a false belief that a person acquires as a result of making an incorrect conclusion about something in life. For example a person could acquire a limiting belief about his ability to [succeed](#) as soon as he fails.

I am a loser, i am a failure or i cant succeed are examples of **limiting beliefs** that people collect throughout their lives.

The problem with limiting beliefs

The biggest problem that [limiting beliefs](#) cause is that they force you to live below your potential. If there is a box that weights 10 kilograms but you believed that it weights 100 kilograms you might not even try to move it because of thinking that you can't.

The limiting belief in such a case prevented you from lifting the box even though you have the ability to lift it.

Where do limiting beliefs come from?

I just said that people acquire limiting beliefs as a result of going through certain life experiences but do you know that you can acquire a limiting belief through a friend? Back to the box's example. If a friend kept telling you that this box over there is very heavy and that it weights above 100 kilograms you might not try to lift it even though you didn't it yourself!! In such a case you acquired the limiting belief from your friend and lived with a limited potential even though you never tested your [power](#).

http://www.2knowmyself.com/false_beliefs/limiting_beliefs

<http://www.slideshare.net/nibraspk/self-talk-presentation>

Self Talk is the talk we say to ourselves and is made up of messages that shape our reality.

<http://www.selftalkcoach.com/>

Changing the way you talk from negative to healthy: <http://www.arthritis.org/negative-self-talk.php>