



Power of Positive Self-Talk and Affirmations

Powerful and positive dialogue with yourself can change your mindset, affecting your entire perspective and actions. Whether it is thinking about the new pet your neighbour got or your thoughts on the latest released movie, we all have our own opinions and thinking patterns that guide us through different situations and our lives.

This internal dialogue can include giving ourselves instructions for an assignment and random observations about a situation, or it can also include what is often referred to as self-talk.

Self-talk is the internal narrative you hold about yourself - how you see yourself. It is your inner voice, which you don't pay much attention to. However, the truth is that self-talk greatly influences how you see yourself and the world around you.

Let us understand how you, as a parent, can support your child in using different strategies of positive self-talk and how they can learn the skill and power of talking to themselves with positivity, trust, confidence, and motivation.

How to Start Practicing Positive Self-Talk?

Believe in Your Ability to Achieve Your Goals

Positive Self-Talk and Success are directly related to each other. The more you believe and trust your skills, the more it helps you succeed. When you stop doubting yourself, work harder and smarter for your goals, and engage yourself in more positive self-talk, it helps a lot. This becomes a way to keep motivating yourself to achieve your goals.

Find Ways to Feel Grateful

It is important to keep reminding yourself to be grateful for all the amazing things in your life. You can write notes and put them in a jar describing who and what you are grateful for. You can also maintain a journal or a diary, if that interests you, and mention things and people you are grateful for in your life.

Don't Compare Yourself

The easiest way to get yourself feeling down and low is when you compare yourself with others, and this is something you should stop doing. Whether you are comparing yourself to others for their appearance or what they have that you don't, you should not do this as you don't know their whole story or about their family and past experiences. Nobody's life is perfect; try to be grateful for what you have, and live your own true life by stopping comparing yourself to others.

Replace Negative Thoughts with Positive Affirmations

The power of positive self-talk can start with replacing negative thoughts and words with positive affirmations. The first step is recognizing negative thoughts and word patterns; the next step is replacing them with positive words and affirmations.

| Negative Thought | Positive Affirmation |
|---|---|
| I can't do this; I give up. | I can do this; let me try some other strategies I have learned before. |
| I have never done this before; I don't understand anything. | This is a chance for me to learn something new. |
| This is too hard. | This may take some time and effort. |
| She is so smart. I can never be smart like her. | She is so smart. Let me learn from her on how she does this, so I can try it too! |
| I keep making mistakes. | It is okay; mistakes help me learn and perform better. |

Impact and Power of Positive Self-Talk

Positive Self-Talk can improve your performance in your tasks and other activities. In many ways, it helps to boost your overall mental health and well-being. This happens as positive self-talk helps decrease your stress, increase self-esteem and confidence, increase resilience and motivation when faced with a failure, and greater satisfaction in your life.

With best wishes,
 Health & Wellness Department
 Delhi Public School-Bopal, Ahmedabad