



**Executive
Education**

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**Ready
Set
Work**

The Right Communication and Positive Self Talk

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Self-talk is the practice of talking to or coaching oneself with sayings either out aloud, or silently and mentally.

There is **positive** and negative self-talk



The World We Live In



Great Personal Outlook

Increased Self Confidence

Improved Self Esteem

Personal Control

Removes Doubt

Improved Self Image and Carriage

Relieves Stress

There are so
many benefits of
positive self talk.



Considerable and Noticeable Effects



Most people are conditioned to speak to themselves negatively, see life from a pessimistic light.



There is a pessimist in everyone of us



Ready
Set :
Work

**Become
Aware**

Ready
Set :
Work

**Affirm
Positively**

Ready
Set :
Work

**Remove
Influences**

Change your Thoughts then Words

Ready
Set :
Work

**Be in the
Present**

Ready
Set :
Work

**Think
Neutral**

Ready
Set :
Work

**Be Your
Own Friend**



- Today is a new day, filled with opportunities for me to achieve my goals and reach my potential.
- I believe in myself!
- I will not give up. I will persevere
- Failure is not an option for me
- I have what it takes to get the job done
- There may be challenges, but they will not hold me back!!

You speak what
you think.

You become
what you speak.

Change Your Words



AS YOU SPEAK TO
YOURSELF, SPEAK TO
OTHERS



ACTION 😊

Thank You!

Be Positive!!



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