



# Using Positive Self-Talk to Conquer Any Goal

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Do you feel like you are always talking yourself out of success? As soon as you start to set goals for yourself, do you suddenly have nagging thoughts about how you aren't up to the task or how you simply aren't qualified to carry it through?

If you have ever experienced either situation, you need to change the way you respond to your inner dialogue. Instead of obeying your negative commands, you can use positive self-talk to counter the negativity and overcome nearly all anxious thoughts.

## Setting Goals and Sticking to Them with Positive Self-Talk

Are you initially filled with excitement when you first set goals for yourself? Are these thoughts then followed by self-doubt and self-defeating thoughts that stop you in your tracks before you even get started?

It can be difficult to make the most of your life when you are constantly talking yourself *out* of being a success. It can be frustrating and discouraging to have these thoughts constantly plaguing you. Many of us, in fact, don't even realize we have them! All we know is that we don't have the confidence to stick to our plans and reach our goals.

But there's another way!

***Positive self-talk is an effective way to set goals and ensure that you stick to them, even if you have never been able to do this before.*** The way this works is that you decide what goal is important to you, and then you plan the logistics of how you are going to attain this goal. When self-doubt starts kicking in, you will respond with affirmations that prove your success without surrendering to the negative pressure. Since you're reading this article, it's clear that you're no quitter and you're certainly not a failure, so start believing in yourself!

## Re-Programming Your Mind

Affirmations are essentially positive statements that re-program your mind for the positive. The moment you have a self-defeating thought you'd be able to counter the negative with a motivating statement. An example of a positive affirmation is: "I am worthy of great success," or "I see myself in the winner's circle." What this does is replace negativity with thoughts that will help you move *toward* your goals instead of further away from them.

Positive self-talk is easier to implement than you might think. You may not be aware of the severity of the negative dialogue currently within your mind. However, once you begin with positive self-talk, you will suddenly realize that you are self-sabotaging the goals you set for yourself from the minute that you make them. This process can open your eyes to exactly how much this inner conversation has been interfering with your life. ***You'll feel hopeful that you can now set goals and surpass them.***

Through positive self-talk you will be able easily set long and short-term goals for yourself. And when you use affirmations, you'll have accessible tools to help you push yourself further than ever before. Learning to quiet negativity with positive thoughts is a great move toward setting and attaining future goals with ease.