

MIND TRAINING SESSIONS

SUMMARY

Your negative self-talk with ANTS

#Environments and Killing ANTS

Internal Environment

* Refers to positive talk and positive thinking | Killing ANTS (Automatic Negative Talk) | Don't let your mind eavesdrop on your self-talk.

* Our Brain is like a super computer and our self-talk is the program it will run.

* Use mental magic to stop the negative talk – The ABRA Technique

A – Acknowledge

When you have a negative thought, don't fight it as what you resist, persists. When you fight for your limitations, you get to keep them.

B – Breathe

Breathe in Possibility, Breathe in Power, Breathe in Purpose, Breathe in Potential.

R – Release

Know where that negative thought is and then Release that thought | Release the limitation, Release the negativity out and visualize it while you are doing it.

A – Align

Reset yourself because now you have eliminated and released that negative thought | Say the opposite of the negative thought, make it positive and make it more empowering.

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External Environment

* Involves the people around us – ensure it to be a positive peer group as who we spend time with is who we become

- Be around people who encourage you, challenge you – They are not nice to you but they are kind to you.

* Self Love and Self Care is not selfish | Part of loving yourself is putting yourself in environment internally and externally where we can succeed at the Highest Level.

Remember to use ABRA Technique in your internal as well as external environment to come over the negative self-talk and with the negative people around you.