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and I am proud of the amount of positive attention I give to keeping my self that way. I really like being in good shape! I take care of my self and I keep my self fit. I eat and drink only those things that are beneficial to my physical and mental health and well-being.

Read this script to yourself at least two times a day

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Shad Helmstetter, Ph.D. is the author of more than twenty books in the field of personal growth. His ground-breaking classic on the subject of self-talk, "What to Say When You Talk to Your Self," is published in over 70 countries, and is in its 45th printing in 30+ years of publication.

Shad Helmstetter â€“ SelfTalk

Harnessing the Awesome Power of Self-Talk Part 1 We All Do It! Go Ahead Admit It, You Do It Too! The Impact of Our Incessant Internal Dialogue; Or, â€œWhat You Say Is What You Getâ€• In Life The Power of Negative Self-Talk The Good News is, itâ€™s Not Too Late to Change

Harnessing the Awesome Power of Self-Talk - Jan Dacri

self-talk is negative, or works against you, and it takes as many as 20 positive ... â€œalternative thoughtâ€•

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