



Success Builders USA, Inc

Feeling Great & Doing Better!

Too often we are lead to believe that we are not successful enough. We receive negative feedback from television, news media or books constantly telling us we are not perfect.

We used to keep up with the Jones' who lived next door. Now we keep up with the Joneses who live clear across the world. We are bombarded with images of others living bigger, faster, more exciting lives than we are living. The result is that we are not feeling good enough about us - our self-esteem is at a low.

We too easily fall into the trap of allowing someone or something to create *our* picture of *our* lives. We absorb this outside view instead of creating our own view of who we are. We allow ourselves to weigh in and talk to ourselves in a manner that if someone else said those things to us, we'd *hit 'em up side of head with a big, fat, wet noodle soaked in green, gooey slime.*

Time for Action: Turn off that television: stop reading those rags and start giving yourself a very large dose of **Healthy Self-Talk.**

Coach yourself to overcome anxiety, doldrums, blues or simply the daily grind by saying something great to yourself each hour, on the hour that will make you feel wonderful: "I'm beautiful" - "I'm powerful" - "I am purty darn good at living."

Choose your recitation: "I'm a leader" "I am focused" "I am good looking, intelligent, strong, desirable, sexy, thin, fat, loving, patient, impatient and successful. "I'm great at interviewing" "I am skilled at..." or any other adjective or short sentence that will keep you **feeling great and doing better!**

Keep It Very Simple: so that you can really feel the impact words. Repeat it as often as you can and always speak in present language "I am... I have..."

Soon you will notice that the media and other external forces no longer have the power to impact your emotions.

Till next time... Good talking,

Warm regards,
Terri Harley

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