

THRIVING TIMES; Your Health and Wellness Dispatch

September Self talk

Upgrade self-talk with data that doesn't lie

Your self-talk has a direct influence on your performance. The way you speak to yourself can either open doors—or quietly close them.

Think of it this way:

Every phrase you repeat is a seed of belief. Beliefs shape behaviour. And behaviours? They shape outcomes—your energy, your health, your relationships, your performance.

But here's the challenge: when you're running on empty, stressed, or doubting yourself, self-talk can be REALLY unhelpful. You can't always trust what your mind is telling you, thoughts are NOT facts. *That's where data comes in.*

Data takes away the guesswork.

Through **HRV (Heart Rate Variability) monitoring**, we can see how your body is really handling stress and recovery. Pairing that hard data with improved self-talk creates a double-strength strategy:

- **The data gives you clarity.** No more “Am I really this tired?” The numbers don't lie.
- **The words give you momentum.** By shifting your language, you create possibility instead of barriers.

Together, they help you step into a healthier rhythm where energy, focus, and performance flow naturally.

Flip Your Script: From Barriers to Possibility

Here are some common phrases, what they mean, their impact and how to reframe them:

✗ “I can't.”

This means you've already decided you won't succeed and it shuts down problem solving and creativity. You simply stop looking for options.

Reframe to “I don't know how yet, but I'm willing to explore.”

✗ “It's hard.”

Here you're focusing on the difficult rather than the outcome, and by doing this you expect struggle instead of progress.

Reframe to “This is stretching me, but I’m learning.”

✗ “I don’t believe.”

You’re convinced it can work for you and that doubt will slow down any action, stopping you before you start.

Reframe to “I’ll take the first step and learn from the results.”

Even small changes like these will start to rewire your thinking—and the results will follow.

Your Next Step

Try this for one week:

1. Notice when you say things like “I can’t,” “It’s hard,” or “I don’t believe.”
2. Pause. Breathe.
3. Replace it with a statement of possibility, openness, or curiosity.

This combination shifts doubt into action, and action into measurable progress.

To make it easier, I’ve created a **Self-Talk Action Plan** you can use right away. Just email me and ask me for it—I’ll send it over. Or similarly, if you’d like to explore data backed insights, then book one of only 4 complimentary WELLth checks calls each month.

Here’s to your health, energy, and unstoppable momentum.

