

## UNKIND SELF-TALK

Richard Bach wrote, argue your limitation and they are yours. So, if you tell yourself that you are not good enough, have no talent, are too old, not smart enough or not creative enough.... then guess what? You're not. Because here is what happens, you are discouraged before you even get started. It's a self-fulfilling prophecy and it sucks because it STOPS you from your creative calling.

### **STOP! In the name of Love**

Every time you engage in limiting self-talk you are breaking your Creative Spirit. So, in order to move forward you need to put a kibosh on the unkind self-talk. When you notice yourself engaging in unkind self-talk, think of the word STOP.

- Self**            The Divine Creator created you from star dust. That magical star dust surrounds your Gifts, Passions, Values and Purpose. Don't forget where you came from.
- Talk**            When you hear yourself say something unkind to you, Flip It. For example, I'm not good enough becomes I am good enough. You might not believe it at first but if you say it over and over your Spirit will pick up on the new message.
- Optimistic**    If you build it they will come. Stay focused and on track and your creative calling will unfold.
- Positive**        Positive people stay positive even when bad things happen. They are constantly looking for the good in all situations. When something happens that upsets your Apple Cart think about all the positives in the situation. You may have to dig deep but they are they exist.

### **Teenage Back Talk**

It's ok to talk back to yourself and I highly suggest doing like a teenager. Here are some examples!

Unkind Self-Talk: I'm too old to start painting.

Teenage Back Talk: Who says that? No one says that.

Unkind Self-Talk: I'm not that creative.

Teenage Back Talk: So.

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