

GIVE YOURSELF A PEP TALK

Using Autosuggestion

Autosuggestion tells our inner self or "inner elephant" how to behave and gives a framework for positive self-talk in business. Here are the basics:

**STAY IN
THE
PRESENT.**

**SPEAK GENTLY,
RESPECTFULLY
AND POSITIVELY.**

**SAY IT LIKE
YOU MEAN IT.**

**VISUALIZE
YOUR
INTENDED
ACTIONS.
REPEAT THE
STATEMENT.**

**USE
AUTOSUGGESTION
FOR SHORT-TERM
RESULTS.**

**STAY WITH
IT.**

EXAMPLES INCLUDE:

I am handling this moment.

I am feeling enthusiasm about the upcoming meeting.

I am slowing down and engaging.

I am becoming less critical.

I am letting go of my need to control things.