

## Nurturing



Have you ever noticed your own self-talk? Do you doubt yourself or put yourself down?

Your overall well-being and how you perceive yourself are greatly influenced by the words you use to yourself. By incorporating affirmations and constructive self-talk into your daily routine, you can improve your self-love. By consciously using language that is uplifting and empowering, you can transform your inner dialogue and cultivate a more positive self-image.

Try to bring it into your awareness when you are criticising or talking negatively to yourself. When you catch yourself thinking too negatively or harshly about yourself, take conscious action to counter these ideas.

Ask yourself:

Am I putting myself down? How can I change the dialogue to encouraging, empowering words?

For example: you want to go to the gym and lift weights.

Negative self-talk: "I can't do it."

Positive self-talk: "I am strong and I'll build myself up slowly."