

## A Great Challenge

By Peggy McColl

There is a challenge that you will likely encounter on your journey through life, and that is the challenge of dealing with the internal chatter in your head. Dr. Shad Helmstetter built his reputation around the topic of self talk. He wrote a number of marvelous books on the subject, including a book called "What to Say When You Talk to Yourself". He also wrote my personal favorite, "The Self Talk Solution".

You see, inside your head there is dialogue occurring. Apparently, some studies show that on average 75% of the thoughts that people think are negative. I really wonder how these folks got inside people's heads to monitor that quiet self talk, but if you think about it, and evaluate your own self talk, they are probably fairly accurate.

We've talked about it before, and you'll hear about it again.....*what you think about comes about*. Most people wish for something positive and think about what they don't want. Let me give you an example. Let's say a person has considerable debt, lives paycheck to paycheck and barely squeaks by each month. They wish for financial independence and continually think about their debt. What they are doing is planting a seed, and uprooting it. They wish for something and then cancel it out by thinking about what they don't want. It's like planting a healthy seed and immediately putting weed killer on it.

Here's where it gets even trickier. Let's say this person has become a goal achieving, committed-to-personal-development, kind of person. They are focused on their goal of financial independence, they have created powerful, positive goal statements, they read them everyday, AND, still continue to think about how they are going to pay their debts while engaging in a state of being called "doubt". This person may be doing some of the greatest creative things to change their life, but if they continue to think about debt and lack and doubt, they are planting and uprooting, planting and uprooting, planting and uprooting.

Why would anyone want to do this? Honestly, I don't think anyone would consciously choose to do this. My best guess is that this type of creation and destruction simply comes from not knowing, not being aware of the internal negative chatter and the effect of it.

As you go through your day, take note of your internal chatter. Discover if it positive or is it negative. Is your internal chatter creative or is it destructive. Pay particular attention to it. Consciously choose to monitor your thoughts for this entire day. When you notice negative chatter, immediately put a stop to it and plant your "desire" seeds again. This can quite literally be the one area alone that has been blocking you or holding you back from living the life that you truly desire.

Thinking positive equals positive results. It is that simple!

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