





## Express - a Lean Life Skill

*“Be mindful of your self-talk. It is a conversation with The Universe’. ~ David James Lees*

What’s your inner dialogue and how are you expressing it?

Becoming conscious of your self-talk and ensuring it is positively focused, is one of the key Lean Life Skills to reaching and remaining at your Ideal Weight.

Simply put, your self-talk dramatically impacts how you live and what you do. How you articulate your thoughts shapes every experience you have. By taking charge of that voice, you can better control your life – and change any messages that are holding you back from physically being who you want to be.

### Acknowledge your inner voice

First, acknowledge the presence of the inner dialogue. This way, you are in a better position to address it. This dialogue can be difficult to notice because it’s ever-present. It can seem like an all-knowing voice of reason and it’s likely one that you’ve never thought to question. However, what sounds like intuition can sometimes just be your internally non-motivated self projecting its feelings. In reality, that voice will not always help you shape your life the way you really want it to look.

### Study your self-talk

Next, ask yourself: What messages am I sending myself? You may notice you repeat many things to yourself throughout the day. Are those messages or ideas negative or positive? Typically, you will find that you have more negative inner speech regarding some topics and more positive speech toward others. Make sure to notice and take mental notes when you speak negatively about anything to do with you, your body and even your state of mind.



## Study your mood

Once you have a sense for your day-to-day inner conversations, consider if those inner conversations have any impact on your mood, mindset or actions. Try to break out of any negative patterns by combating self-defeating talk with positive, encouraging statements. For example, the next time you hear yourself think, “I don’t think I can be bothered filling in my habit tracker,” say this instead: “I am going to make a daily ritual of filling in my habit tracker.” Say it to yourself out loud several times, and you’re more likely to follow through and take action.

## Visualize the goals you want

When you hear a negative message, remember that the voice you’re hearing is really only a product of whatever you are most focused on at the moment. For example, if you find yourself reluctant to prepare a nutritious meal, you’re probably too focused on how tired you feel (in the moment), so it is important to move your thoughts from that present moment and say something to get your “moving” like: “I’m going to get up and prepare a simple salad.”

Focus on how badly you want to begin your first task. You can then Express out loud to yourself what that task is.

Focus on the feeling of completion and satisfaction that will come from finishing a task instead of dwelling on how you feel about starting on it. This will change the dialogue you have with yourself and push you to do the things you want.

## Talk to yourself, out loud

If you find yourself struggling with your inner voice, try drowning it out. While it might seem strange at first, there are proven benefits to talking to yourself out loud. In a [study published](#) by Procedia–Social and Behavioral Sciences, researchers discovered that basketball players passed the ball more quickly when they were motivating themselves by talking through their tasks and actions.

Other research finds that hearing a word can help you see it thanks to a theory known as the feedback hypothesis. For instance, if you are looking for something, talking about it out loud can help you find it.

Consider speaking your positive thoughts and messages of encouragement to yourself out loud. You will be surprised at how effective that can be. Note any changes you have in your mood or productivity. Simply hearing your own voice can make your intentions seem more “real,” silencing any internal conflicts you may feel.

Your inner dialogue has a powerful influence over your actions and your state of mind.



## Express Exercise:

Start to observe and record what your current inner dialogue is with yourself. It doesn't have to just be weight alignment related - it can be about anything that crops up.

Journaling is always a great way to start to become aware of what it is that you regularly tell yourself. You can also use the record function on your phone to take notes/record any self-talk, whether good or bad.

Once you've got a few days worth, read/listen to them and counter any negative, self-deprecating or critical statements/comments, and write them in reverse.

Use the new self-appreciating statements and read aloud one of them every hour.

(\*One of the kindest things you can do for yourself is to forgive, love and support yourself in this journey called life. And one of the fastest ways to really start to feel good about yourself is to regularly tell yourself great things about how well you are doing, and how grateful you are.)



"Most of us are totally oblivious to the fact that our self-talk is creating the circumstances of our life."

*Elle Sommer*