



Day 3: Eliminating Negative Self-Talk

Welcome to Day 3 of the "Be True To You" 5 Day Challenge to Igniting Healthy Self-Esteem. Did you do the 10-minute affirmation exercise yesterday? I hoped you found them to be impactful.

Today we're going to be talking about eliminating negative self-talk. This is very important to having healthier self-esteem and to WIN BIG in other areas of your life.

Reflection: Many people have their self-esteem hijacked by unhealthy soundtracks that repeatedly play in their mind.

I should be better. I shouldn't have done that. No one likes me. I suck at my job. I'm never going to find happiness.

This type of thinking keeps your excuses alive. It brings you down and puts you under a dark cloud. It kills your self-esteem and causes you to dislike yourself.

But here's the good news. The negative self-talk is all LIES! None of it is true and it really, really, needs to end.

Today it's time for positive self-talk so you can divorce your excuses and begin to GOAL SMASH!



Action: Today, pay close attention to the self-talk that goes on in your head. You may even want to keep a journal. If you have the "Be True To You" 5 Days to Igniting Healthy Self-Esteem [journal](#), you can use it to make notes about the conversations running in your head.

Every time you acknowledge the negative self-talk, stop, and write them in your journal. Don't be vague. Write down *EXACTLY* what's going in your mind and replace it with one of the affirmations from yesterday's challenge. Be sure to say the affirmations out loud. As you do this, you'll be amazed at the positive effect it has on your day and how much more you accomplish.

Tomorrow we're going to be talking about toxic relationships and how to surround yourself with positive people.

Before tonight's LIVE lesson at 7PM CST, share one of your negative thoughts and what you replaced it with in the private [Facebook group](#).

Your Purpose Pusher
Ebony Montsho Ignites