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subconscious programming, and that it is critical in determining our life successes and failures. Using numerous examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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In this engaging audio presentation, Shad Helmstetter explains how to take charge of your life through the use of positive self-talk.

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(Adapted from scripts by
Shad Helmstetter, The
Self-Talk Solution)

February-March 2016

January 30-February

5: Friend, I pray that all
may go well with you
and that you may be in
good health, just as it is
well with your soul. (3
John 2)

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yourself at least two
times a day

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shed 85 pounds in 10 ½ weeks. The repetition is reinforcing new behavior patterns in your brain developing new beliefs and actions. Pro tip: Structure your new habits by listening to your positive self-talk script first thing in the morning and just before you go to bed.

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Self-Talk Scripts: List
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improving relationships,
fitness and health,
career and skill building,
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personal organization,
and accomplishment

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life path and personal effectiveness, and he identified the actual self-talk words and phrases which most impact our individual programming.

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