

Motivational Moment

As a coach for Girls on the Run (www.GirlsOnTheRun.org), one of the lessons I instill in the girls is the importance of positive self-image. As a wise woman said to me once in a yoga class, “You only get one body in this lifetime and it’s a good idea to make friends with it, or you’re in for a very rough ride.” Like your body, your internal dialogue is your constant traveling companion. And that conversation had better be friendly or you’re in for a lifetime of pain.

Here are strategies for creating more constructive inner dialogue:

The 8-minute Solution

Find a place where you’ll be undisturbed for 8 minutes. During this brief time, write down examples of occasions when someone praised you. This often isn’t easy. Do it anyway—for 8 minutes.

Just One Thing

A new exercise program you wish to begin? Start with something simple—a 20-minute walk, for example. Then build on that. Doing *just one thing* will combat the tendency to obsess on negative thoughts or debate the futility of action.

Picture a Loved One

How would your friend describe you to another? Allow yourself to trust in that person’s good opinion of you. Learn to be more compassionate company for yourself. Silencing the inner critic may take some work. With practice, you can change both the way you think *and feel* on a regular basis.

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