



# MONDAYS

*with Mike*

## AULTCARE

Weekly PLAN

monday

## Belief

In our busy and hectic pace of life, our self-talk can take many hits. We balance the highs and lows as we navigate the next task or challenge. The narrative in our mind is guided by our sense of belief in ourselves, or the lack thereof. Words like trust, faith, and confidence become our winning equation.

As former Olympic gold medal winner Carl Lewis says, "If you don't have confidence, you'll always find a way not to win."

So, how do we redirect our self-talk from a negative storyline to one that unlocks our best skills and talents to create the positive? Here are a few ideas to consider:

- ☒ Identify what you are capable of and put those skills into action each day. "I can do this!" should be your pep talk statement. Win small victories at some point each day.
- ☒ Don't judge your current life situation by viewing someone else's highlight reel. Social media can create a "doubling down" on negative self-talk. Less is more with your "feeds."
- ☒ Discipline yourself to hang out with, or connect with, people who have a positive outlook on life overall. That vibe actually energizes your outlook because it unlocks your "I can" attitude. It's uplifting.
- ☒ When challenged, or dealing with a difficult situation, fight your way into seeing the opportunity that exists inside of the challenge. It is like training your muscles to react and perform when you need them the most.

Here is a great reflection from an unknown author that sums up these ideas:

A bird sitting on a tree is never afraid of the branch breaking because her trust is not on the branch but on her own wings. Believe in yourself!

As we open our week, let's keep believing in ourselves!

