

Getting Rid of Negative Self-talk leads to Success

By Feng Shui Expert Pat Heydlauff

Have you started your new year with great intentions? Have you made a list of resolutions you wish to keep? Have you even gone so far as to start on your list, but in the back of your mind you keep hearing this nagging voice saying “why bother – it won’t work, it won’t make a difference?” Or, “it just doesn’t matter because nothing changes for the better - no matter what I do?”

Sometimes you sabotage your own best intentions by what you are telling yourself. Have you ever paid attention to those words in your head that keep recycling? Just how many times have you heard your inner voice say “you will never lose weight so why bother trying”, or “you won’t get that promotion because you are too tall, too young, too old, and too skinny or too ... you fill in the words?”

Self-talk can be absolutely devastating, destructive and discouraging. Negative self-talk in the field of Feng Shui would be considered energy-draining clutter in your mind. This is the type of negative clutter that can send your potential success on a slippery downward slope from which you may spend months or years recovering.

Unclutter Your Mental Cobwebs

Use the Feng Shui principle of removing clutter from your life except in this case; you will be removing clutter in the form of negative self-talk. Negative self-talk is toxic to a healthy success oriented thought process. Visualize it as mental cobwebs you need to sweep out of your thinking – and be diligent about keeping it out.

First, think back over the past year and determine what positive information you wish to keep in the new year that will be helpful and is success oriented. Make a determination that the only information you will reflect upon from the past is the helpful positive information – other thoughts need to be left behind, or swept out. When your mind wanders back and starts to focus on the “old” negative thinking, as soon as you recognize what is happening, tell you mind, “thank you for the reminder but that information no longer serves me well,” and send the old thinking away.

Second, bring to completion any thoughts and projects left over from the past year as soon as possible. This act alone will not only show up as success in your mind’s

constant dialogue with you but will help clear out the old unfinished energy and the stagnant clutter of unresolved issues. Make a list if necessary of issues and things that need to be brought to completion – and then do them.

Third, remember to give yourself praise. Focus on the good things you accomplished and tell yourself that last year was a “job well-done.” Then, promise yourself to do even better in this new year. You need to be your No. 1 cheerleader. No one else knows how hard you work to accomplish the things you do so no one else can really encourage you and compliment you on your achievements and triumphs as well as *you* can.

If the self-talk in your mind is busy encouraging, motivating and cheering you on, it has little or no time to fill you with negative energy draining self-talk. This, in turn leads to more success filled life experiences. Your mind needs to be filling you with words of renewal, rejuvenation and reinvention, not of devastation, destruction and discouragement.

Finally, in the northwest corner of your office or the room you spend most of your time in at home, place a success poster or a picture of you accomplishing a really great feat and frame it in silver. This will remind your mind to focus its self-talk only on positive messages that lead to success. In Feng Shui, the northwest is usually referred to as the helpful people area. In this instance, you want to energize your mind to be supportive of you so your mind becomes the helpful entity.

It doesn't matter if success for you is a promotion, finding Mr./Ms. Right or losing 45 pounds. What does matter is that your physical body, your mind and self-talk are unified on positive energy and accomplishing your goals and objectives.

When your mind is filled with positive self-talk energy you will be uplifted with feelings of encouragement, self-motivation and a “can-do” attitude. Once you unclutter your thinking, bring to completion things left dangling from the past and train your self-talk to focus only on being your No. 1 cheerleader, the road to success is a much shorter distance.

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