



THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE



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Notes

Episode 42: The Power Of Talking To Yourself

The most important conversation we daily have is the one with _____.

1) _____ You Say

President Theodore Roosevelt once stated, "If I could kick the person responsible for all my troubles I wouldn't be able to sit down for a week."

2) _____ You Say It

Speak to yourself as though you are already the person you desire to become.

3) _____ You Say It



Reflection

Episode 42: The Power Of Talking To Yourself

Episode Summary:

Discover the transformative power of self-talk and its profound impact on your life. Learn how your internal dialogue can shape your future, influence your confidence, and determine your success. Understand the prophetic nature of words and how positive self-talk can lead to a brighter future while negative self-talk can create a downward spiral. Embrace practical steps to improve your self-talk, using neuroplasticity to your advantage and speaking to yourself with encouragement and upliftment.

Reflection Questions:

1. How do you currently talk to yourself during challenging situations?
2. Can you recall a time when positive self-talk helped you overcome a difficult situation?
3. What are some common negative phrases you find yourself saying, and how can you reframe them positively?
4. How does the way you talk to yourself impact your confidence and decision-making?
5. What practical steps can you take to improve your self-talk starting today?
6. How can referring to yourself in the second or third person change your perspective and performance?
7. In what ways can you encourage others to practice positive self-talk?
8. How does understanding the concept of neuroplasticity change your approach to self-talk and personal growth?