

Masterclass - How winners talk to themselves

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Most of you underrate the importance of controlling your internal dialogue

(Most of you honestly aren't even aware of your internal dialogue and how it affects your ability to perform)

In fact for many of you, the way you are currently talking to yourself internally is the biggest factor sabotaging your ability to do the hard work you know you need to do to make loads of money, become free, and control your life.

On today's POWER UP call I'm going to break the whole thing down for you.

I'm going to show you how the voices inside your brain work

And I'm going to show you how winners control and direct those voices to unlock endless power”

2 sides to every person:

- Divine potential
- Weak side

They fight a battle in a specific arena - your attention.

Whichever you put in the center of your attention will defeat the other and win.

You get to choose what you think.

How to control your internal dialogue...

- Spontaneous thoughts - They come from your surroundings
 - Who you hang around with
 - Etc
- FIX: Surround yourself with positive forces
- Removing negative self-talk or negative things you hear
 - Laugh at it and be instantly above it
 - Shout at it
 - Take away the energy from them
- Replace the dead negative self-talk
 - Words are super powerful, they're almost magic
 - Choose words and ideas that elevate your power

- Gratitude
- Beautiful things in the world and life
- Your divine purpose
- Feelings of love for others will give you courage
- The power you want to feel and the importance of being powerful
- Don't use phrases like "Don't be a loser... You can't fail"
- If you just focus on pain itself, you'll just run away from it. You can get some energy from it, but back it up with positive influence

How to actually construct your self-talk...

- Use the words:
 - "I am <positive thing>" - who YOU choose you believe you are will make you win
 - Make a list of things you want to be and apply them to this
 - "I <insert powerful action>" - e.g. I train harder than anyone I know
 - "The more I <insert desired action> the more I <insert desired outcome>"
 - "I will <insert desired achievement>"
- Say them out loud to maximum power
- Create a vivid image to put on your mental stage - you're a copywriter, you know how to do it

The more you pull them out, the more powerful your mind will make you become.

Really push the thought into your brain.

How to apply this...

1. Take control of your self-talk as soon as you wake up - AKA conquer your self-talk
 - a. Plus, do an action that makes you feel powerful
2. Pray, if you're religious
3. When you catch yourself dealing with bad self-talk, erase them

You'll soon enough develop a habit for all of this.

If you can control your mind and direct your energy towards action, there won't be anything you can't achieve.