

# Shift Your Inner Conversation

Our inner conversation is constantly running, whether we are aware or not. Even when it's loud and we are aware it's running, doesn't mean we always *hear* it: if we've told ourselves over and over again that we're not worth it, we don't *hear* that voice as an inner conversation; we simply accept it as a truth.

This month is about living **OUT LOUD**. It's a declaration that affirms what IT is we want. But it's not simply enough to want IT or to exude passion. No matter how badly we want something, no matter how deeply we feel for it, **our results cannot exceed our inner conversations**.

Shifting our inner conversation starts by igniting our words with power, realizing we are powerful. When we start to acknowledge our strengths out loud, we bring to light just how powerful we are. When we recall how we triumphed over a past challenge, we are reminded that we can persevere through whatever comes our way. Even if that challenge was one that came with failure, we are still reminded of the lesson we learned and the strides we've taken since.

## SHIFT HAPPENS

### DIRECTIONS:

1. Take a notecard or your choosing or take a sheet of paper and fold in half so that you have two sides.
2. On the LEFT side, make a list of your strengths: your ability to motivate others, compassion, creativity, flexibility, perseverance, authenticity, confidence, humility, etc. Write as many as you want, fill the entire left side up with 'em if you want. *One rule: you must list at least FIVE. Yes, you have at least five. If you're struggling to find them, ask a close friend for what they value about you most.*
3. On the RIGHT side (*choose one*):
  - A.) Identify what challenge you are facing and what strengths you can use (from the left side) to face this challenge; or, what challenged you have faced in the past using your strengths?
  - B.) What goal do you want to achieve?
  - C.) If you are not currently facing a challenge (or can't think of one to reflect on), or are unsure of your goal, simply write, "I AM AWESOME."
4. Mail the notecard to yourself OR simply put it in a place where you can open it at a time when you need to be reminded of your strength.