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### How to Stoke the Inner Fire

A fundamental success skill is learning how to tweak your levels of personal energy and creativity through governing your inner dialogue. When you are at your best, it's as if an internal dimmer switch is set to full brightness, and you exude confidence and optimism from every pore. Top performers in every field use this technique to their advantage. Personal energy maintenance and restoration skills are crucial to successfully overcoming adversity, solving problems creatively, and staying in emotional balance.

#### Self-talk Sets the Dimmer Switch

When we have a rare occasion to stop and listen to what is going on in our heads, all of a sudden the river of thoughts that comprises our inner dialogue is revealed. Research has shown that high-performers use a different style of self-talk than do medium- and low-performing individuals. Top performers in every field know that the thought stream can be influenced and trained. If left unguided most individual's inner dialogue defaults to the negative in tone and content.

For example, when inner dialogue goes negative, your energy levels drain down. You tend to feel tired, sluggish, overwhelmed, grouchy. Your creative juices ebb.

Monitor your self-talk for a day. Analyze your thinking style. Are you feeling creative and positive or negative and down? Is your thinking encouraging and positive, or critical, blaming, and fault-finding? The most successful people script their self-talk and train their minds to not only be positive but to ferret out some personal benefit hidden within every problem. Clearly, this is an ideal to strive for; it's not easy to accomplish.

## TFS e-Mentor Success Insights

As a beginner, work slowly up to this level of inner dialogue. Self-talk management requires practice, experimentation, and discipline to create an optimum thought stream. If your inner conversation needs improvement, first block negative, defeatist content by immediately replacing those images and words with energizing visualizations and self-encouraging declarations of your goals and desires for your life.

Specifically, practice by adding approving self-directive and self-descriptive thought affirmations such as, "I can do it!" and "I like myself!" For maximum effectiveness, practice positive affirmations 10, 20, 50 times a day. And, the more emotional energy you couple to your affirmations, the more effectively they impart the creative energy you need to move forward to a better life. Other energizers that have worked for me are:

- "I feel healthy and vibrant!"
- "I love teaching!"
- "I feel great; I can do this!"
- "I'm destined to be a great success!"

These are only examples. The idea is to create daily self-talk affirmations that are positive, personal, and stated in the present tense. With practice, this simple method will help you keep your cerebral dimmer switch turned all the way up.

*~John H, (Jack) Shrawder, Exec. Director  
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