

Daily Habit – Positive Self Talk

Lots of sciency people agree that the part of your brain that affects your level of mood and self-esteem can be positively strengthened by the spoken repetition of compliments, just as you would complement a friend for doing well in a test or having an especially nice hair doo. We often complement others but never enough ourselves.

Starting today and every day so forth, stand in front of a mirror and pay yourself three compliments or encouraging words for the day ahead. For example: “your eyes look especially sparkly today”, or “you are going to smash that English exam today”. It may feel funny at first but keep doing it every day and remember to say the words aloud even if it’s just a whisper.



What kind of things have you said about yourself? Use the mirror above to make any notes. You could even cut it out or use sticky notes to put on your mirror to remind you of great things to say.



Professor Mind Says: ‘If someone pays you a complement, remember to just say “thank you” and accept it graciously’.