



Name: _____

Date: _____

What to Say When You Talk to Yourself

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Chapter Two - "The Answers"

1. _____ % of everything we think is negative - counterproductive.

2. _____ % of illness is self- induced.

3. By the time you are 18 years old you have heard _____ nos.

Chapter Three - "What works and what doesn't"

There are three missing ingredients from most of the success literature:

1. _____

2. _____

3. _____

Chapter Eight - "The Self-Management Sequence"

Outline the five steps of the self-management sequence:

_____ creates _____

_____ create _____

_____ create _____

_____ determine _____

_____ create _____



Chapter Nine - "The five levels of Self-Talk"

The five levels of Self-Talk are:

1. _____
2. _____
3. _____
4. _____
5. _____

Chapter Eleven - "The Motivation Myth"

All external motivation is _____

Overall:

Describe the basic content of any positive self-talk statement:
