

ARE YOU REALLY GOING TO TALK TO YOURSELF THAT WAY?

by Steve Gilbert

“Don’t walk behind me; I may not lead. Don’t walk in front of me; I may not follow. Just walk beside me and be my friend.”
– Albert Camus

Being a good friend to others is important and most of us try our best to treat our friends with kindness and give them the support they need.

Here are some things we usually do not say to our friends:

- You’re a loser.
- You’re a failure.
- You’re never going to be successful.
- You shouldn’t even try to do (fill in the blank) because you won’t reach it.
- Why do you even bother trying?
- I can’t believe you made that mistake. That’s ridiculous. How do you ever expect to be successful?

Yet we do talk to ourselves that way. How many times have you said one of the above statements, or something similar, to yourself?

Being your own best friend seems like a touchy-feely/new age kind of thing to say, but ask yourself this question: Why in the world should you talk to yourself, or treat yourself worse than you would a good friend?

Some people think that if they are hard on themselves it pushes them to perform better. Really? Do you feel more motivated at work by a boss that constantly criticizes you and tells you you're no good? Or do you work harder and perform better for one who encourages you (even when pointing out areas you could improve on)?

Today, be aware of how it is that you talk to yourself throughout the day and ask yourself whether you would ever dare talk to a valued friend that same way.

Win Your Day!

If you are not on Steve Gilbert's Win Your Day! email list, but would like to be added please email him at winyourday@gmail.com

