



October 13, 2010 – Grand Rapids, MI

## Self-Sing

Monday's message was about self-talk. Here are a couple more points about self-talk, one from my friend Sharon and one from me. Sharon said that to make the self-talk even more effective, repeating it while doing rhythmic exercise along with music lays down the neural patterns even better—in other words, not self-talking but self-singing. The trick is to find the phrases and affirmations that appeal to you and are significant in your life and go along with music that you like to listen to while you exercise. That's a very personalized thing, but I can only imagine some of you putting together rap songs that repeat your personal affirmations or adapting childhood songs to your current goals.

My contribution is simple but important. You have to do those affirmations consistently if they're going to be effective. You can't do it once in awhile. Every day. Just like eating less. Just like taking supplements regularly or smiling more. Whatever habit you want to own, you have to work at it consistently. Self-sing may be just the thing for you.

And here's an interesting factoid: last Wednesday's message, Smile, had links to both the Positive People and Negative People messages. You clicked the link to Positive People exactly twice as often as Negative People. It's not exactly a vote, but I think it's a clear indication of the power of being a positive person. Want to attract more people? Be more positive.

What are you prepared to do today?™

**Dr. Chet**

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