

Congruent Belief System & Self Talk Affirmation Exercise



1. Always choose belief systems that are congruent with your values as you will always engage in self talk that is congruent with your belief systems. Self talk is the manifestation of your thoughts, and your thoughts determine your emotions. Thoughts and emotions determine your actions.
2. Always choose to believe that it is best to engage in self talk that is focused on present and future solutions and opportunities.
3. Always evaluate your belief systems and self talk by asking “is this congruent with my innate values?” or “is this enriching my life and the lives of others?” or “is this reflective of unconditional love of myself and others?”
4. Always choose positive, optimistic, grateful and empowering belief systems and self talk – choose congruent self-talk.
5. Create a daily affirmation self talk routine that is present tense, positive and emotional. “I am loving, kind, honest person and I feel proud of myself for choosing to be this way.” “Doing the right thing is easy for me and makes me feel confident happy, and relaxed.”

When doing these affirmations adopt a confident posture, use a confident, truthful, emotional tone of voice and choose to believe yourself. It is recommended that you repeat your affirmations out loud at least 3 times a day and make a tape or cd of yourself and listen to it at night.

