GIVE YOURSELF A PEP TALK
Using Autosuggestion
Autosuggestion tells our inner self or "inner elephant" how to behave and gives a framework for positive self-talk in business. Here are the basics:

STAY IN THE PRESENT.

SPEAK GENTLY, RESPECTFULLY AND POSITIVELY.

SAY IT LIKE YOU MEAN IT.

VISUALIZE YOUR INTENDED ACTIONS. REPEAT THE STATEMENT.

USE AUTOSUGGESTION FOR SHORT-TERM RESULTS.

STAY WITH IT.

EXAMPLES INCLUDE:

- I am handling this moment.
- I am feeling enthusiasm about the upcoming meeting.
- I am slowing down and engaging.
- I am becoming less critical.
- I am letting go of my need to control things.

Credit: The Executive and the Elephant, Richard Daft, Vanderbilt Executive Education Professor