

Do this ONE Tweak If You're Too Hard on Yourself

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Pam: Are you being too hard on yourself? What do I mean by that? Well, are you saying things I really thought I would be much further with this by now? Why is it that Susie over there that's happening for her right now, why isn't it happening for me? I'm always screwing this up. I can never seem to get this right. What's wrong with me? For the life of me, I can't figure out why it is that I can't eat healthy. Are you just being too hard on yourself? Then, when you're hard on yourself, you start thinking to yourself maybe I can't do this. Maybe, this isn't a possibility for me. Maybe, this wasn't meant for me. Right? You start doubting yourself, feeling down on yourself. Well, let me tell you something.

For those of you out there who are watching this right now and you have said anything close to that type of language and you're being really hard on yourself, there is one way. There is one way. Something that you can start right now at this minute or at least after I tell you what it is. One thing that you can do to change those kind of thoughts and feelings. Are you ready? I'm going to take this here. It changes by what you say here. Because what you change here begins here. Let me give you an example. Why is this taking me so long? Why is it taking me so long to lose weight? Okay. Here we go. We're going to change now. We're going to change what we're saying right here. It would be nice to lose about 10 to 20 pounds in a month, but I know that's not a reality.

Maybe, two or three months is more of a reality. Even if it's not, what I know is because of my place and time in life right now, it might take a little bit longer and I'm okay with that. I'm okay with that because I am still going to work towards my goal. I'm going to think healthy. I'm going to do healthy. I know there will be times where maybe I'll have a bad day, but bad days happen but I'm going to keep going anyway. I understand too that it's a process and I'm going to go through that process and I'm going to stay focused and determined. How did that feel? Do you feel different? That's the one thing, one thing, just starting right here. Because when you start talking differently right here and using different language, that's because it's coming from here.

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Go practice that. Whatever it is that you're beating yourself up over, change the language that you're speaking. Guarantee you, you'll feel a whole lot better. Go out there. Get it done. Have a great one.