What to Say When You Talk to Yourself
Shad Helmstetter

Chapter Two - "The Answers"
1. ____% of everything we think is negative - counterproductive.
2. ____% of illness is self-induced.
3. By the time you are 18 years old you have heard ________________________ nos.

Chapter Three - "What works and what doesn't"
There are three missing ingredients from most of the success literature:

1. __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

3. __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

Chapter Eight - "The Self-Management Sequence"
Outline the five steps of the self-management sequence:
____________________creates____________________
____________________create_____________________
____________________create_____________________
____________________determine__________________
____________________create_____________________

Chapter Nine - "The five levels of Self-Talk"
The five levels of Self-Talk are:
1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________
Chapter Eleven - "The Motivation Myth"
All external motivation is _________________________________________________________

Overall:
Describe the basic content of any positive self-talk statement:
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________