



REFLECTIONS



Use Self-Talk to Move Forward

On episode 25 of the Dauntless podcast, we heard from endurance athlete Jennifer Fratzke. Jennifer is remarkably strong, both mentally and physically, but that is not to say that she does not struggle with pain and a temptation to give up. So how does she do it? How does she keep going, mile after mile?

One of her strategies is to use self-talk. She described using this tactic when she is at her breaking point and even hallucinating from the challenges of her competitions. Self-talk is a strategy that we can all use, no matter what goal we're pursuing. So, read the affirmations below and make note of any that particularly resonate with you. Commit them to memory. When you are feeling like giving in or giving up, say your affirmations out loud. Whisper. Yell. Whatever works best for you. But be sure to say it and mean it. You got this.

My strength keeps growing.

My stride towards greatness is impossible to break.

Each day I become wiser and more resilient. My inner strength keeps growing. My mind, heart, and spirit are very powerful.

I step through life with fervor and grit.

I build up my confidence and abilities by tackling challenges. Small successes teach me that I can handle more. I stretch my skills by aiming for strategic goals. I pick targets that test my abilities and give me victories.

I ask for help when I need it. Accepting my weaknesses makes me stronger.

When I am on a mission, my eyes are fixed on the finish line.

I practice patience. I am willing to postpone immediate gratification and focus on my long-term needs. I think about my future self and the consequences of my decisions.

I summon up my courage. I speak up for what I believe in.

I surround myself with family, friends, and colleagues who encourage me and give me constructive feedback. I listen with an open mind. I thank them for their guidance and support.

Today, I celebrate my inner strength. If I stumble, I lift myself back up. I face my hardships and keep moving forward.

Today, each step I take towards achieving my goals is powerful. I see only the light at the end of the tunnel.

I push through anything that is in the way of achieving what I set out to achieve.

Self-Reflection Questions:

1. What are three qualities I associate with inner strength?
2. Why am I stronger today than I was yesterday?
3. What choice can I make right now that will enhance my inner strength?
4. What fuels my determination to succeed?
5. What does success look like to me?
6. How do I react to obstacles that appear unexpectedly?