

POSITIVE SELF TALK

*CHANGE YOUR STORY*  
**It All Starts With YOU!**



*ARE YOUR STORIES*  
*HELPING*  
*OR*  
*HINDERING YOU?*

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## POSITIVE SELF TALK

Learn How To CHANGE YOUR STORY!



## It All Starts With YOU!

Do you have a story you keep telling? A story that really doesn't have anything to do with the person you are now? But, maybe it's funny, or it's a good analogy that others can relate to?

Yep, most of us have a story or two we keep telling ourselves. And, it keeps taking you right back to that spot in your life, and most likely, a spot you would rather forget. The truth is, when you keep telling the story, it actually keeps you stuck in that spot. And the other truth is, chances are, it's not even relevant to who you are now.

Here's How to Change Your Story.

# CHANGE YOUR STORY



## 1. Recognize Your Stories

Catch yourself telling your story. Is it positive? Is it a place you want to revisit and hang out? Is this where you want to be in your future? If you answered NO to any of these questions then you want to change your story. The more you tell it, the more it will keep you stuck in that paradigm and you will attract it.

## 2. Change The Habit

Often, our storytelling is a habit, and the best way to change a habit is to replace it with a new one. This is your life, you are in control, and you have the power to change your story. Decide here and now that you will change your negative stories to more positive ones. Have affirmations, positive statements, on hand that keep you focused on where you want to be, and not where you have come from.

## 3. Practice Thankfulness

Whenever you revert back to your story, switch your attention to your present or future, and be thankful for your life today or the life you are heading towards. This small practice has the ability to change your attitude and life.