

# THE SELF-TALK

## Scriptbook

*Spot the words that keep you playing small & rewire them into the language that builds the joy, freedom & success you're made for.*



Your complete guide to recognising your critical self-talk & turn your inner voice into one that lifts you, no matter what



# Welcome Love



I want to take a second and acknowledge you for saying YES.

**YES to changing the way you speak to yourself.**

**YES to showing up for yourself**

**YES to YOU**

*Here's the truth: you're not broken and don't have to always be hard on yourself. You just need words that work on you.*

And that, my love, is where we're going.

Because when we learn to speak to ourselves in a way that lifts us instead of tearing us down everything changes.

When I first transformed my self-talk it was like learning a new language. Some of it felt good and flowed; other parts were sticky and needed thought.

In this guide I'm giving you my tried and tested methods to shift your self-talk by finding a compassionate, loving and empowering voice that still *sounds like you*.

Enjoy the process.

All my love,

*Do x*



# Your steps



## ONE

**Listen to your private podcast** - a place where I share what self-talk is; why it shapes your life (more than you realise) and how working with your inner critic allows you to reclaim your power.



## TWO

**Write out your existing self-talk.** What things are you saying to yourself about who you are - and who you need to be? Are you comparing? Are there words with charge? This can be an emotional process, but it's so worthwhile



## THREE

**Start fresh.** For each one of the those criticisms find a replacement that *lands in your body*. These don't have to be overblown 'I'm the best person ever' statements - it's about using the language that works for you. Check out the table below for inspiration



## FOUR

**Put your new self-talk somewhere visible.** Leave the page open on your desk, stick it on the fridge, put post-it notes on your mirror. Your brain learns through repetition

## MEET YOUR GUIDE

Hey love, I'm Jo - a certified Master Life Coach who loves helping women come home to their body, power & purpose.

**And** I'm someone whose been there. I know what it feels like to battle yourself daily—and I also know it doesn't have to be this way. *Let me tell you more...*

✧ **Access your  
private podcast  
HERE**



✧ *As you listen consider...*

**What does my inner critic sound like?  
Whose voice is it?**

**What situations make my self-talk louder or more  
critical – and why might that be?**

**Is there anything I'm secretly afraid of?**

**What words or phrases do know wouldn't work well  
for me? What would?**

# Self-Talk

<b>UNSUPPORTIVE</b>	<b>SUPPORTIVE</b>
That was stupid	<b><i>It's ok to make mistakes</i></b>
Everyone's going to think you're -----	<b><i>I have no control over other people's responses. I've got me</i></b>
No-one cares	<b><i>I'll never know who needs my light if I keep it dimmed. I'm choosing differently.</i></b>
You're too old	<b><i>I love the age I am right now, the best can be yet to come</i></b>
What's the point?	<b><i>I'm showing up for the life I want, that's brave</i></b>
I hate you	<b><i>I don't think I deserve that</i></b>
Stop crying, it's embarrassing	<b><i>It's ok to show emotion - all of us feel</i></b>
That's selfish	<b><i>It's beautiful to want amazing things for myself</i></b>
I'm rubbish at my job	<b><i>I make progress and get my work done</i></b>
I'm too much	<b><i>The people who are meant to be in my life will value me as I am</i></b>

# More Supportive Self-Talk Scripts

## FOR CALM

In this moment I am safe

I can do hard things. I'm capable.

I don't need to have all the answers right now

I'm right where I need to be

I love you

## SELF-COMPASSIONATE

It's ok to be human/feel what you feel/make mistakes

I matter

I'm so proud of you for \_\_\_\_\_

I'm doing amazing/so well/better than I realise

My presence is valued

## SELF-BELIEF

I've come so far, I can figure this out

Anything is possible for me

I choose to focus on what's within my control

I can take things one step at a time

I've done more than I give myself credit for

## FOR RELATIONSHIPS

It's safe to express my needs

It's ok to feel anxious

I value my time and I don't have to give it everyone

I can say no and be loving

I don't know what anyone else is thinking until I ask them

Use the space below to write your own

<b>UNSUPPORTIVE</b>	<b>SUPPORTIVE</b>

# Well done

**This is a huge step love.**

And our brains learn through repetition, so the key is going to be practicing this - it's not a one and done.

I want you to remember this because if you find yourself in a spiral you haven't 'failed'. Just bring yourself back and **choose again.**

**And if you're ready to dive deeper...**

*Self-love sessions* is where we dismantle the patterns, beliefs and blocks that are holding you back.

You'll get a unique **daily ritual, deep dive modules, journaling workbooks** and practical tools that rewire your relationship with yourself so you can start leading your life with unshakeable self-trust.

✧ **ACCESS NOW** ✧

