



R.E.A.L. GoalSM: Increase Positive Self-Talk (Realistic, Easy, Attainable, Life Goals)

Example: I will practice putting a stop to negative self-talk and change them to positive statements for a month.

The benefits:

- Our thoughts about ourselves have a direct influence on what we feel and how we act.
 - People who have more positive thoughts about themselves tend to be happier and live more fulfilled lives.
- What we tell ourselves matters.
 - If you believe you can, you will.
 - If you believe you can't, you won't.
 - Either way, you will be right; but with the belief that you can, your opportunities are limitless.

Step 1: I will become aware of my negative thoughts and challenge the belief.

Step 2: I will develop a positive affirmation about myself.

Step 3: I will change the negative thought to a positive thought.

Step 4: I will identify positivity in my life, including my social group and spend more time focusing on these relationships.

Step 5: I will identify the lesson when things do not go as planned and know that I gave my best.

Check out these links to learn more:

- Search “Negative Self-Talk” WebMD for more information.
- Search Elizabeth Cox Ted Talk on Imposter Syndrome

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)