

# HEALTHY *you*

JT (00:02)

Hello and welcome to another episode of Healthy You. I'm your host JT and with me today running the music and the sound effects is Tillman. Say hello Tillman. Hello. And to my left, the man who is mumbling to himself right now, it's DJ. DJ, are you okay today?

DJ (00:20)

I have a great voice. I am the best podcast host in the continental United States, maybe even including Puerto Rico. I am humble and also devastatingly charming. What were you saying JT? Sorry.

JT (00:36)

Yes, I see you are embracing the topic of today's show, huh? It's positive thoughts and self-talk.

DJ (00:43)

I am, I am, and I got to say, these little short, powerful statements really can challenge that negative thinking, boost confidence, and help rewire your mindset. I already feel better. I feel so good.

JT (00:57)

Yep, and when repeated regularly they can improve overall well-being of not only your mind, but also your body and your wallet and your community and you know. It's not just, you know It's not just rah-rah feel-good stuff, yeah when you do positive self-talk, it should be action oriented It should be goal focused and you know language that helps you move forward

DJ (01:22)

Yeah, it's really, it's not just about making yourself feel better, which, you know, that is a nice side effect, but the real goal is reprogramming your brain to believe in growth. It helps you take action toward your goals.

JT (01:35)

Right, instead of saying, I'm not good with money, you say, I'm learning how to manage my money. Or maybe better, I'm not good with money yet.

DJ (01:48)

Ah, see that one little word, yet. It's like flipping on that growth mindset light switch. And you know, it's okay to start small, know, try things like I'm learning how to use positive self-talk or I'm proud of how far I've come. Or, you know, even something like I didn't eat JT's lunch out of the fridge today, you know, small victories.

JT (02:09)

I knew that was you, I knew it

DJ (02:11)

I'm sorry, I just, get so hungry sometimes. I'm just trying to increase my protein intake, JT.

JT (02:17)

Well, just like we share lunches, DJ, I guess we can also share our positive self-talk thoughts with each other too. How about that?

DJ (02:26)

Yeah, there you go. It's always nice to have a friend or family member or podcast co-host to bounce ideas off of when it comes to crafting your positive messages to yourself. You know, they can help you talk through your values and goals to ensure that you're sticking to your path.

JT (02:42)

You sparkle, DJ.

DJ (02:44)

You know what? You shine even brighter, JT.

JT (02:47)

See, look at us. Look at us. Now once you've wrapped your head around what this means for you and how you can work with those around you, positive self-talk can help with all aspects of a healthy you.

DJ (03:00)

Okay, so let's start with the most obvious pillar, the healthy mind.

JT (03:05)

Yeah, and this is the easiest place to see the benefits of positive self-care.

DJ (03:10)

Yeah, consistently engaging in this practice has been shown to boost resilience, build a more positive outlook, and increase self-confidence.

JT (03:19)

Yeah, and that all seems pretty clear to me, but what are some examples of some positive phrases we could say to ourselves around having a healthy mind? Okay.

DJ (03:29)

How about something like, I'm improving my resilience or even just a simple, am proud of myself.

JT (03:38)

Yeah, that's a nice one. That's a nice one. like that.

DJ (03:40)

Okay, you try one JT, let's hear it.

JT (03:43)

Yeah, you know, when thinking about this, I do tend to focus on the negative too much, I know that. So, I think I'll go with something like, um, I'm learning how to reframe my thoughts.

DJ (03:56)

I like that. I like that a lot. Now, if you're listening at home and maybe some of those made you roll your eyes a little bit, perhaps maybe when you heard, I'm proud of myself, you didn't feel like that's something that's true. That's the resistance talking, that inner critic. And that's exactly what we're trying to quiet.

JT (04:19)

Yeah, and you know, how about some tips here? It does help to look out for words like always and never. You want to try to avoid those in your statements and reframe those absolutes. So instead of saying, I always mess up, try, I am learning to do better, or I don't understand that yet. This helps you focus your mind on the growth opportunity in that area.

DJ (04:41)

Yeah, once you've had a chance to practice a bit, it'll be easier to recognize when you tell yourself you're not good at something. And then from there, you can quickly remember to either take out those words always and never, or maybe add that word yet, like we talked about earlier.

JT (04:57)

Right, and with this practice, you will likely feel more optimistic and believe that there is room for growth instead of feeling like, here's where I am and here is where I always will be.

DJ (05:09)

Okay, so that's how positive self-talk can help with a healthy mind. Now let's talk about what it can do for your healthy community.

JT (05:17)

Yes, and it's, uh, like those vibes all the Gen Z's are talking about all the time.

DJ (05:28)

Always talking about vibes.

JT (05:30)

Your positivity becomes other people's positivity, right? When you show up with confidence, compassion, clarity, it's contagious and in a good way.

DJ (05:41)

Yep, and once you spread those good vibes to others, then they send them right back to you. It creates a nice little feedback loop of positivity and growth.

JT (05:45)

Right, and leaning on your community and talking with others about positivity can lead to mutual growth and help you build a strong community of people that all support each other's goals and healthy minds.

DJ (06:00)

Alright, so, what are some examples JT, of positive self-talk focused around a healthy community?

JT (06:07)

Yeah, so this would be things like, um, I attract supportive people, or I am part of a strong community, or maybe something like, my community is kind and compassionate.

DJ (06:21)

This podcast really is a kind and compassionate community.

JT (06:25)

Well no DJ, you did steal my lunch. Multiple times, not even just once, but multiple times, so I don't.

DJ (06:32)

I don't bring enough healthy snacks to the studio. Yet.

JT (06:36)

There it is. And now you're getting it DJ. Now you're getting it.

DJ (06:41)

Alright, so see once you're able to frame your mind in a certain way you can apply it to all aspects of your life even, even the work refrigerator

JT (06:52)

Yes, and that includes a healthy wallet too, through financial goals and habits. Positive self-talk allows you to clearly think about what you value and how you can build in small wins for yourself along your financial journey.

DJ (07:08)

That's right, small financial wins build momentum and can lead to long-term success, which is another little positive feedback loop for you, because success often times builds on success.

JT (07:19)

Right, it's that little snowball effect. You got any examples here of positive self-talk?

DJ (07:25)

yeah, you know, it's going to be things like, I am grateful for all that I have, or I can share with those that have less than me, or maybe I am learning how to be more financially independent.

JT (07:41)

Yeah, yeah, those are nice ones. And now that we've talked about what? Healthy mind and healthy wallet and healthy community, that just leaves us with healthy body.

DJ (07:54)

Yeah, and positive self-talk is huge here because when someone is in a positive mind space, they are often more kind to themselves. And when you're more kind to yourself, it encourages realistic, attainable, and compassionate health goals.

JT (08:09)

Right, the focus shifts from extreme outcomes to sustainable habits.

DJ (08:13)

And once again, and I'm sensing a little theme here, JT, we get another positive feedback loop. Small attainable goals lead to success, which leads to more growth and more improvement.

JT (08:26)

And a huge perk of positive self-talk comes from the fact that we know having a healthy mind is linked to physical health. It can lower stress and when it comes to a healthy body, lowering your stress can help with so many things, but a big one is lowering your risk of heart disease.

DJ (08:44)

Yeah, researchers from the UK in a Harvard Health article I read found that those who took their survey and scored higher in the categories of optimism and sense of well-being had a 30 % lower risk of developing heart disease.

JT (08:59)

Yeah, which makes sense because when you're not stressed all the time, you have more bandwidth for healthy behaviors.

DJ (09:05)

Exactly, exactly. Now hit me with some of that healthy body self-talk,

JT (09:10)

Okay, so this is going to be things like, my goals are within reach, my body gets healthier and stronger each day, my immune system is resilient, things like that.

DJ (09:21)

And hey, you want to hear more of these self-talk phrases, we got a bonus for you. Check out the link to the video in the description of this episode. It's got a bunch of great self-talk phrases that you can listen to, to really boost your confidence.

JT (09:37)

Yeah, it's like ambient vibes meets positive self-talk.

DJ (09:41)

Hmm, sounds fun. Alright, now, remember, goal-oriented positive self-talk can have a positive impact on all aspects of a healthy you, and it can be done anywhere for any amount of time. It's all up to you.

JT (09:55)

That's right, and as always, to learn more about all the Healthy You resources, visit the same site where you find our podcast, [rtxhealthyyou.com](https://rtxhealthyyou.com). And until next time, here's to a healthy you.

# HEALTHY *you*

I am strong and resilient.

I can handle whatever challenges come my way.

I am worthy of success.

I am deserving of all the good things life has to offer.

I am a work in progress, and that's okay.

I am proud of my accomplishments, big and small.

I am surrounded by support.

I am learning and growing every day.

I am committed to my goals.

I choose to speak to myself with kindness.

I choose to focus on what I can control and let go of what I cannot.

My goals are within reach.

My body is healthy and strong.

My immune system is resilient.

My health is improving every day.

I radiate positive energy and vitality.

I have the power to create positive change in my life.

I am grateful for all that I have,

I accept and love myself unconditionally,

I am grateful for the abundance in my life.

I am open and receptive to all the wealth life offers me.

We are stronger together, and our collective power is limitless.

I am part of a community focused on kindness, compassion and understanding.