

HeadFIT

Being Kind to Yourself

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I think I'm my worst critic, at points. I've looked around and kind of thought that I shouldn't be where I am and don't belong in this space. Whenever there's some negative thoughts, actually, you can see how unproductive you can be.

Positive self-talk has been around in the sporting fraternity for many years. Highly successful and motivated individuals and teams would utilise positive self-talk. When you start turning the negativity into that positive self-talk, I think you can see in an individual that they carry themselves a little bit taller, they walk a little bit taller, they push their chest out. And, you know, you can see that there's a real momentum when they're working. On myself, it absolutely has 100% worked.