

# Shoot Yourself In Both Feet!

By Suzi Elton

What on earth does this title mean? It's something my clients often hear from me when they are rampaging against themselves with negative self talk. The entire expression is, "Negative self talk is like shooting yourself in both feet and wondering why the marathon is so hard."

Working on accomplishing your goals while constantly berating yourself over real or imagined failings is exactly like shooting yourself in both feet in preparation for a marathon. Of course, no sane person would ever do such a thing, yet many people consistently do the equivalent to their confidence and self esteem with negative inner commentary.

If you were preparing for a marathon, excellent foot care would be an obvious #1 priority. Since achieving your goals is a "long distance event", consider how important it is to fill your mind with self supporting, self validating, and self loving thoughts.

How can you create a trigger to short circuit negative self talk? Consider using this vivid and outrageous word picture to help you immediately stop this self abuse. The illogic of the image is so obvious that it can be a powerful tool to recall when you're "down on yourself". Make the image so real that you can imagine yourself limping, then ask yourself, "Does this make any sense?"

Hopefully, you will laugh at loud over how ridiculous it would be to shoot yourself in both feet before or during running. Lock this image into your brain forever. It can really serve you.

Word Count 248

Suzi Elton is a success coach working with "difference makers" who are ready to effect positive change by living their highest life purpose. She has coached hundreds of clients to approach their goals strategically through tiny steps that bring about quantum leaps. For free Life Purpose exercises, go to <http://mylifepurposecoaching.com>.

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