

## **Greatest Discovery**

Have you ever felt that something is holding you back 🙄 from greater things to happen in your life? If so, it is time to examine your negative self-talk.

Emily Cadie in her book says,

'No Person or thing in the universe, no chain of circumstances, can by any possibility interpose itself between you and all good. You may think that something stands between you and your heart's desire, and so live with that desire unfulfilled; but it is not true. Deny it and you will see clearly that nothing can stand between you and your good. "

Don't let the negative self-talk sabotage 🙄 your future. Earlier this week, I was talking to a friend of mine. She had a hard time to believe that she was engaged in negative self-talk. So, she wanted to test it out. So, I asked her to keep a record every time she had a negative self-talk or thought. So, she did and set the timer for 1 hour. The timer went on after an hour. Her sheet was full. She couldn't believe 🙄 her record that she kept. She said this test proved that she was creating roadblocks for her life.

Are you aware of your negative self-talk? Negative self-talk robs you, your energy and your future. Stop and Think for a moment! Is there anything standing between you and your own good 🙄? If so, it is time to examine your self-talk.

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