

taming the talk

how to control the negative chatter,
find emotional freedom, and
become a leader worthy to follow.

ACTION GUIDE

Sometimes what's on our mind is like old milk ...if not dealt with, it can start to stink.

Ever had a thought on your mind so big that it caused you major distractions in just about every area of life? When it's standing in our way and keeping us from being fully present with our business or project, we have two options: One, we can ignore it and continue with the reduced productivity, lack of focus, and inability to deeply connect with people; or two, the more difficult but most effective option, DEAL WITH IT! When it comes time, we must be brazen and address it head on—within ourselves or with the assistance of others. It's time to remove the nonproductive mental and emotional chatter and create room again for what's really important—positive, uplifting mental messages. *What negative mental chatter do you have that needs to be removed?*

don't believe everything
you think.

inspire • transform • lead
yoogōzi.com

comparison is the thief
of joy.
~theodore roosevelt

inspire • transform • lead
yoogōzi.com

the worst is actually
in the anticipation of
the worst (that rarely
happens).

inspire • transform • lead
yoogōzi.com

mistakes are the
stepping stones
towards wisdom.

inspire • transform • lead
yoogōzi.com

two things suck joy
from our lives:
living in the past &
comparing ourselves
to others.

inspire • transform • lead
yoogōzi.com

being positive in the face
of negative conditions
is not naive, it's
leadership.

inspire • transform • lead
yoogōzi.com

If someone else talked to us the way we often talk to ourselves, we'd slap them.

Among the most impactful conversations we have in life are the ones we have with ourselves. They influence every area of our life...*powerfully!* The little voice in our head is always talking, but the question; is it encouraging or discouraging, creating fear or confidence, peace or anxiety, focus or distraction. The mind like any muscle needs exercise to change the way it works for you, and minds left on autopilot will eventually run out of fuel or crash. We act out life based on what we think, but spend little time re-engineering our thought life. *Change the way you talk to yourself today. The return is astounding.*

taming the talk

how to control the negative chatter,
find emotional freedom, and
become a leader worthy to follow.

remember

join:

yoogozi mastermind & mentoring group on facebook
(closed to MM members)

follow:

larry broughton's yoogzi page on facebook

subscribe:

email list at yoogozi.com



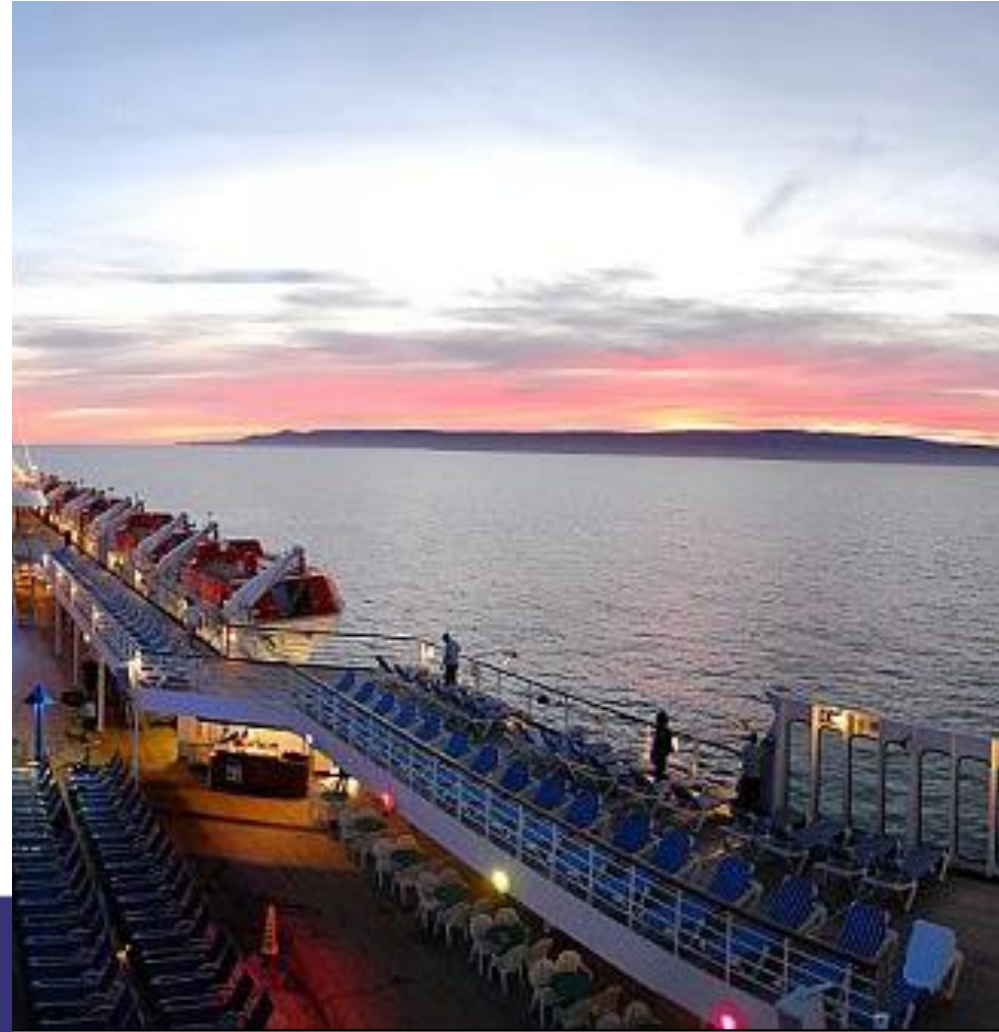
SEIZE SIGNIFICANCE ON THE OPEN SEAS

Included in this package:

- 3 day cruise to Ensenada, Mexico, Oct 9-12, 2015
- Build relationships, train your brain and expand your horizons
- Plenty of downtime to enjoy with a spouse, loved one or friend
- Prizes and giveaways

yoogoz.com/cruise

\$595 for CURRENT and PAST MASTERMIND MEMBERS
\$695 for ALL OTHER GUESTS



you are in the right place!

feel free to drop off webinar...

if you're completely evolved; if you never have
Negative mental chatter about your past,
your future, or your potential...

if everyday you wake with visions of sunshine,
lollipops and rainbows in your mind;
and you never think ill-will
on yourself or your team...

but, before you go:



taming the talk & negative mental chatter

SERIOUS BUSINESS



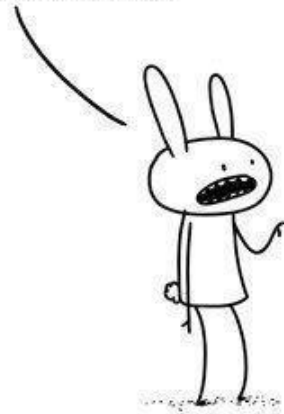
taming the talk & negative mental chatter

anxiety, depression, suicide



what is negative mental chatter?

what the hell is that?



oh,
just my mind

what is negative mental chatter?

1. repeated _____
2. reliving _____
3. _____ past, _____ the future
4. compulsive inner monologues
5. never _____
6. over analysis of our & others' situations
7. involuntary thinking and _____

sure-fire tips to tame the talk!



<http://tinyurl.com/yoogozī-brainflushing>

12 sure-fire tips to tame the talk!

1. breathing



12 sure-fire tips to tame the talk!

2. get present: counting 5-1



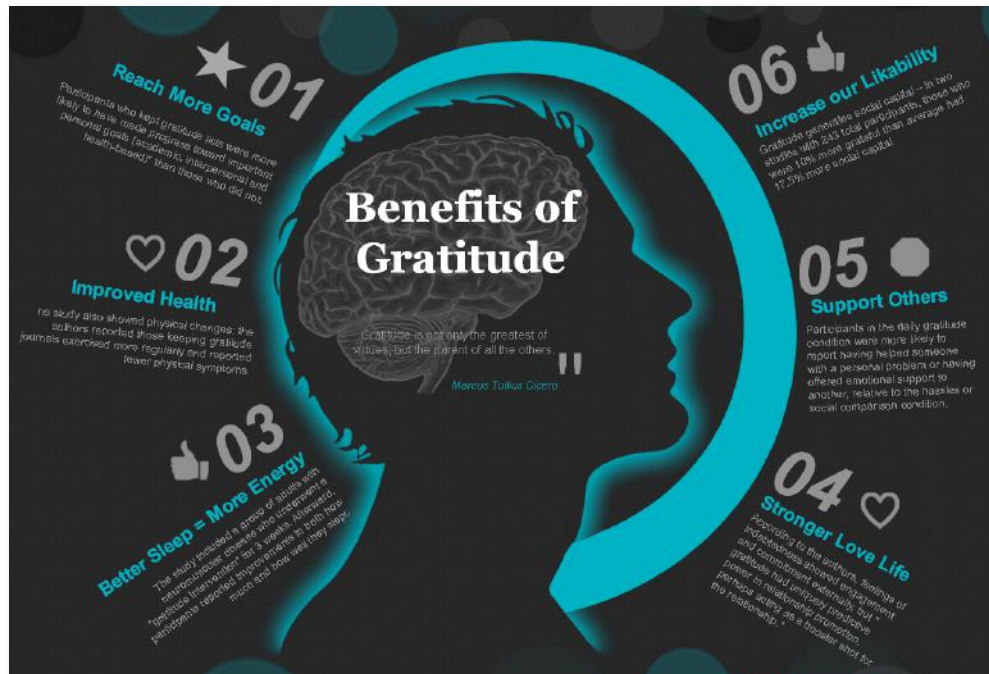
12 sure-fire tips to tame the talk!

3. prayer & _____



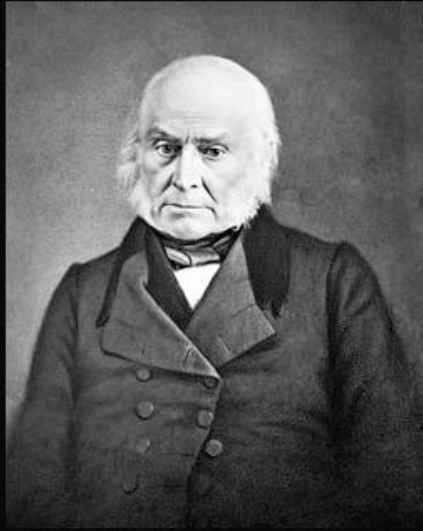
12 sure-fire tips to tame the talk!

4. practice



12 sure-fire tips to tame the talk!

5. reaffirm past _____



Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air. These qualities have ever been displayed in their mightiest perfection, as attendants in the retinue of strong passions.

(John Quincy Adams)

izquotes.com

12 sure-fire tips to tame the talk!

6. movement _____



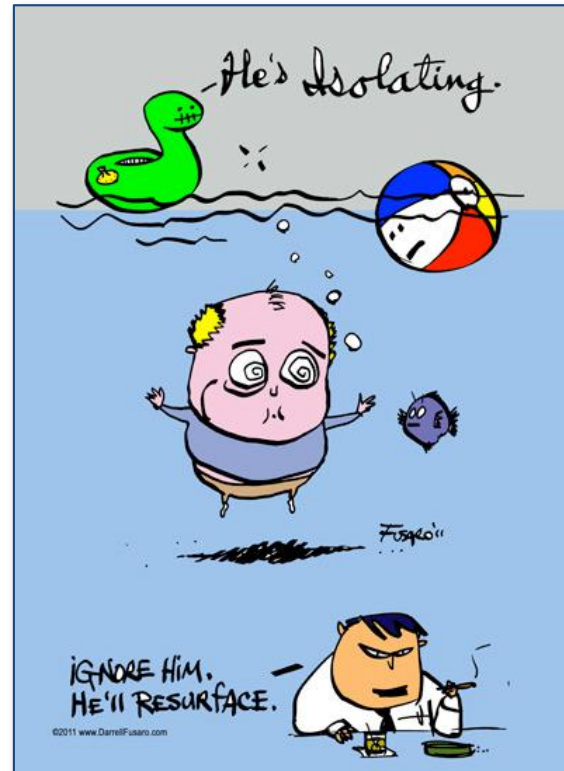
12 sure-fire tips to tame the talk!

7. must-flee _____



12 sure-fire tips to tame the talk!

8. avoid isolation



12 sure-fire tips to tame the talk!

9. summon your _____



12 sure-fire tips to tame the talk!

10. get inspired



12 sure-fire tips to tame the talk!

11. daily _____



12 sure-fire tips to tame the talk!

12. sing: _____



wrap-up

when negative chatter sneaks in
and reminds you of your mistakes
and past bad behavior:



ahhh, that's interesting...
that's who I used to be.



<http://tinyurl.com/yoogozi-kanye>

reminders

upcoming events:

mastermind teaching call
august 25, 12noon pacific

veteran/military mastermind group 4
september 14-16

yoogozi mastermind cruise to mexico
october 9-12 \$595 current/past members

if you have questions or comments,
please:

yoogozi mastermind & mentoring group on facebook
(closed to MM members)

or:

larry broughton's yoogzi page on facebook

go do something significant today!