

Self-Talk Tracker

Inside you'll find:

- How To Uncover Your Limiting Self-Talk
- Challenge Old Stories That No Longer Serve You
- Create New Positive Narratives

Pam Hamilton
Mindset & Visibility Expert

“Helping You Find The Courage To Be Seen”

Welcome!

I'm so happy you've found your way here! It's going to help you on your journey to developing a positive mindset, increasing your visibility and ultimately, even creating a life you love.

That's why I put this tracker together. It's going to help you begin to recognize, challenge and eliminate the negative thoughts, conversations and stories that keep you stuck, feeling invisible, and playing small in your life and business.

After all, when you're trying to find the courage to be seen and create a life you love, being invisible, feeling stuck, and struggling to feel worthy of your dreams is really frustrating. If that's you, and you're sick and tired of being sick and tired - You've come to the right place.

This tracker will help you get started moving in the right direction.

The reason I'm sharing this information with you, and encouraging you to really use the tracker, is that I know for a fact that your mindset runs your life. It determines how you perceive the world, and perhaps more importantly, how you see yourself, how you see your place in the world.

The good news is that you're shaping your mindset daily.

I know this from personal experience. I used to be invisible too. I know your struggle first hand because I was you. And, not so long ago that I don't remember how painful it felt. Yet, the important part is that I found my way out. I built a life I love. And, I can help you do it too.



Instructions for using the tracker:

For the most effective use of this tracker, print out the sheets on pages six and seven and carry them with you wherever you go. Then listen to your thoughts and the conversations you have with yourself about yourself.

Then each day, use *one color* marker or pen to fill in the circle on the *left* each time you have a negative thought or make a negative comment about yourself. Use a different color marker or pen to fill in the circle on the *right* each time you have a positive thought or make a positive

comment about yourself.

After the first day, look at your tracker. If it's mostly covered with negative comments and thoughts you have your work cut out for you. And, that's okay. Consciously or unconsciously we all pretty much start out there.

Now for the next few days, as you continue to track your self-talk, pay attention to any negative self-talk. Really listen to what you are telling yourself. Is it any wonder you're having problems moving forward?

It's time to change that!



Hi Pam, I want to let you know that your Crushing Lies webinar had a decisive impact. With a shift in mindset towards greater truth, obstacles quickly cleared out on the inside, making room for more expansion on the outside. And I know this is just a beginning. I feel like I can breathe.

Emma Laurence - Burnout Coach

Now that you know what you've been telling yourself, it's time to change your conversations. Using the second sheet you printed off we're going to start changing your self-talk.

So for the rest of the week, you're going to note the negative things you say about yourself and work on turning them around.

For example, if you're saying things like *"I'm not good at math"* it can be turned into an empowering conversation instead like: *"Math is hard, but I can learn hard things."*

The key to making this change stick is to make sure that the empowering thought is something you can believe is true RIGHT NOW. Don't use a statement where you're going from "I'm not good at math" to something like "I'm really good at math," your mind would not only reject that as an untrue statement, it would itemize all the reasons for you why that wasn't true.

Also watch out for really sneaky statements like *I'm just being realistic*, or *I can't do that because . . .* You really can do whatever it is you believe



Pam helped me to be willing to put my face and my name on camera. Now I am more confident when being online with Zoom sessions.

Fran Watson - Career Success Coach

Take Inventory



Take inventory of where you are now. Print these two sheets out and carry them with you. Mark how often you talked positively and negatively to yourself. After a few days complete the next page.



Negative self-talk



Positive self-talk

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Change Your Self-Talk

For the rest of this week, we're going to note the negative things you tell yourself and work on turning them around.

tell yourself?

"I am not good with math"

What negative things did you

For Example:

"Math is hard, but I can learn hard things."

Can be turned into an empowering thought instead, like:

The key to making this exercise work is to make sure that your empowering thought is something you can believe is true *RIGHT NOW*. Like in the example above, if you struggle with math, saying "I'm really good at math," would be useless because you wouldn't believe it. Now it's your turn:

Handwriting practice area with two columns of horizontal dotted lines for writing.

If you would like more help with your mindset, finding the courage to be seen and increasing your visibility I'm here to help.

I offer more FREE tips and strategies to help you do just that on my blog at Building Visibility,

In my emails

My Facebook Group featuring weekly livestreams and other resources and through an ongoing podcast called Becoming Seen.

You can also grab my book: The Ten Principles of Visibility
Available on Amazon & Kindle.



As a solopreneur, you can't see your own blind spots.

I came to Pam considering a pivot in my business. With multiple interests, I was unsure of which direction to move in. Without forward progress, I was doubting and talking myself out of my big ideas.

Through insightful questioning, she guided me to pull the threads together and create a cohesive platform, clear up my mindset and quickly implement in a very short time period.

She acknowledges you as a whole person with a full life, but won't hesitate to gently challenge you when needed. I found her to be down to earth, easy to talk with and patient; and totally present and caring in our conversations.

I personally felt seen, heard, supported, encouraged and energized when working with her. With renewed confidence, I was able to take action with a clear vision.

If you are looking for these things in a coach, I highly recommend Pam's one to one and group programs.



About Pam Hamilton

Mindset & Visibility Expert

Pam Hamilton is a speaker, author and coach on the topics of mindset and visibility, and serious about helping women business owners over 50 get past the mindset hurdles that keep them invisible and playing small.

Pam knows firsthand all about being invisible. It's something she struggled with for years. She's proud to share her story of overcoming invisibility in the best-selling book - "Get Past Your Sh*t" and the steps she took to get there in her book - **"The Ten Principles of Visibility."** Becoming visible and being able to work with her clients as her authentic self changed her life for the better, not just in business, but in all her relationships with others and most importantly with herself. Today she helps her clients be able to say that as well.