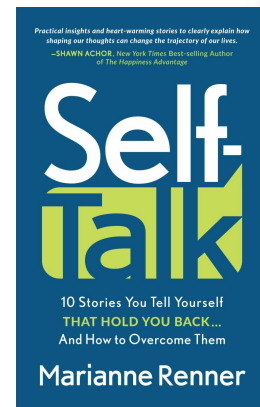


How To Be Your Best When Things Are At Their Worst



Practical insights and heart-warming stories to clearly explain how
shaping our thoughts can change the trajectory of our lives.

—SHAWN ACHOR, New York Times Best-selling Author
of The Happiness Advantage

Self- Talk

10 Stories You Tell Yourself
THAT HOLD YOU BACK...
And How to Overcome Them

Marianne Renner

Self-Talk: 80% Challenges in the workplace

Self-Talk can
build you up, or
take you down

“All day long, you’re having conversations. The most important conversation you’re having is with yourself.”

The Point

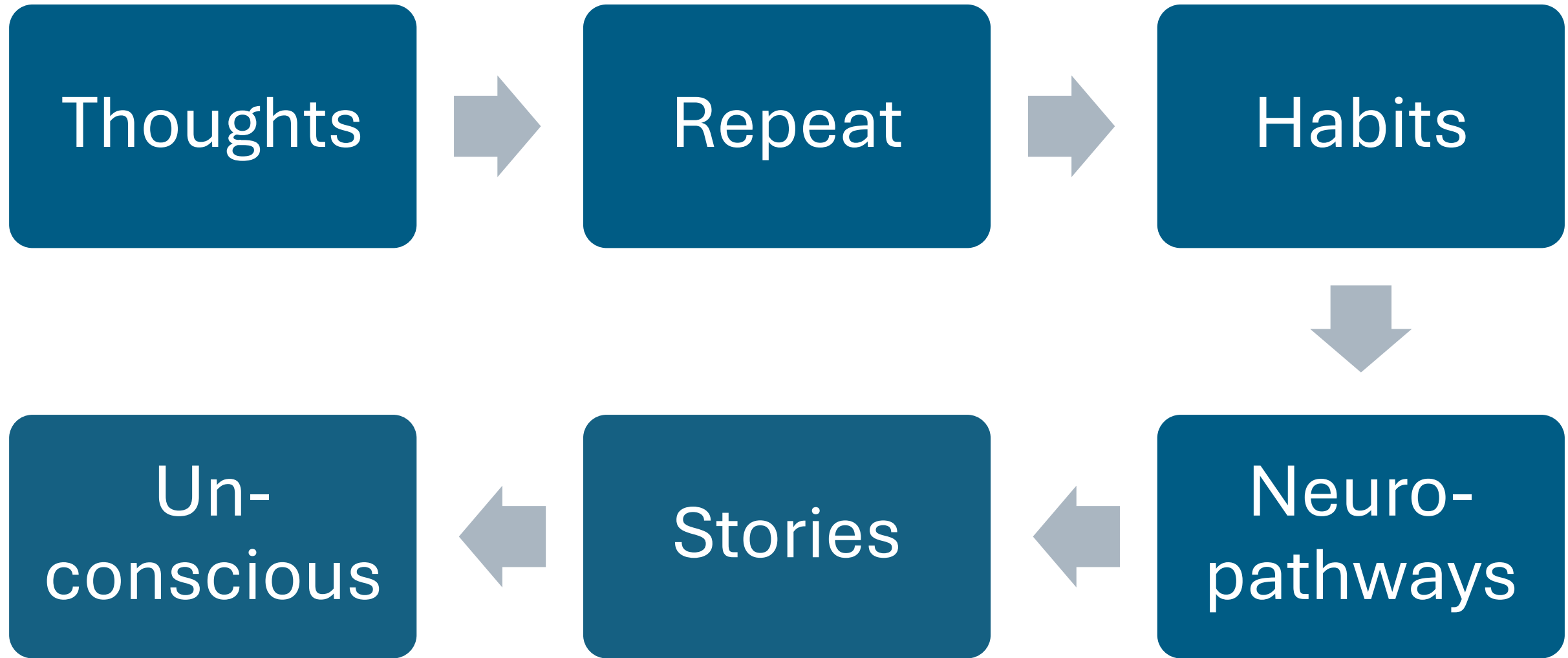


What appears to be going on, isn't
always what's REALLY going on.

We experience a situation and tell
ourselves a story about it.

Our stories can lead us off track,
without realizing it.

Self-Talk



Brain Science

Stories formed by age 7

95% is habit

Neuroplasticity = Change!



Sources:

Tony Schwartz, "Six Keys to Changing Almost Anything," Harvard Business Review (2011)

Robert Evans Wilson Jr., "Are Negative Core Beliefs Wrecking Your Life," Psychology Today (2021)
Psychology Today

A close-up photograph of a dog's face, likely a black Labrador, wearing a large, light-colored, realistic-looking nose and a pair of dark, round sunglasses. The dog is looking directly at the camera. The background is a light, textured surface.

You Can't Teach an Old Dog New Tricks

A man and a woman in an office setting are giving each other a high-five. The man is on the left, wearing a white shirt and a striped tie, and the woman is on the right, wearing a dark blazer. They are both smiling and looking at each other. In the background, there is a brick wall, a window with a view of a plant, and a whiteboard with some charts. The scene is brightly lit, suggesting a positive and collaborative work environment.

It's Never Too Late to Change

SEAR Framework

Story + **E**motion + **A**ction = **R**esult

Story

We tell a **STORY** about the situation

Emotion

Story evokes **EMOTION**

Action

Emotion informs **ACTION**

Result

Action produces **RESULT**

Example

Situation: No meeting invite.

Story: “They don’t value me; I’m invisible; disrespected; taking over my work.

Emotion: Angry, resentful.

Action: You “vent”; complain; send harsh email; give cold shoulder.

Result: Team members distance themselves. Someone complains about you. Relationships suffer.

The Point

Slow the process

Change the story

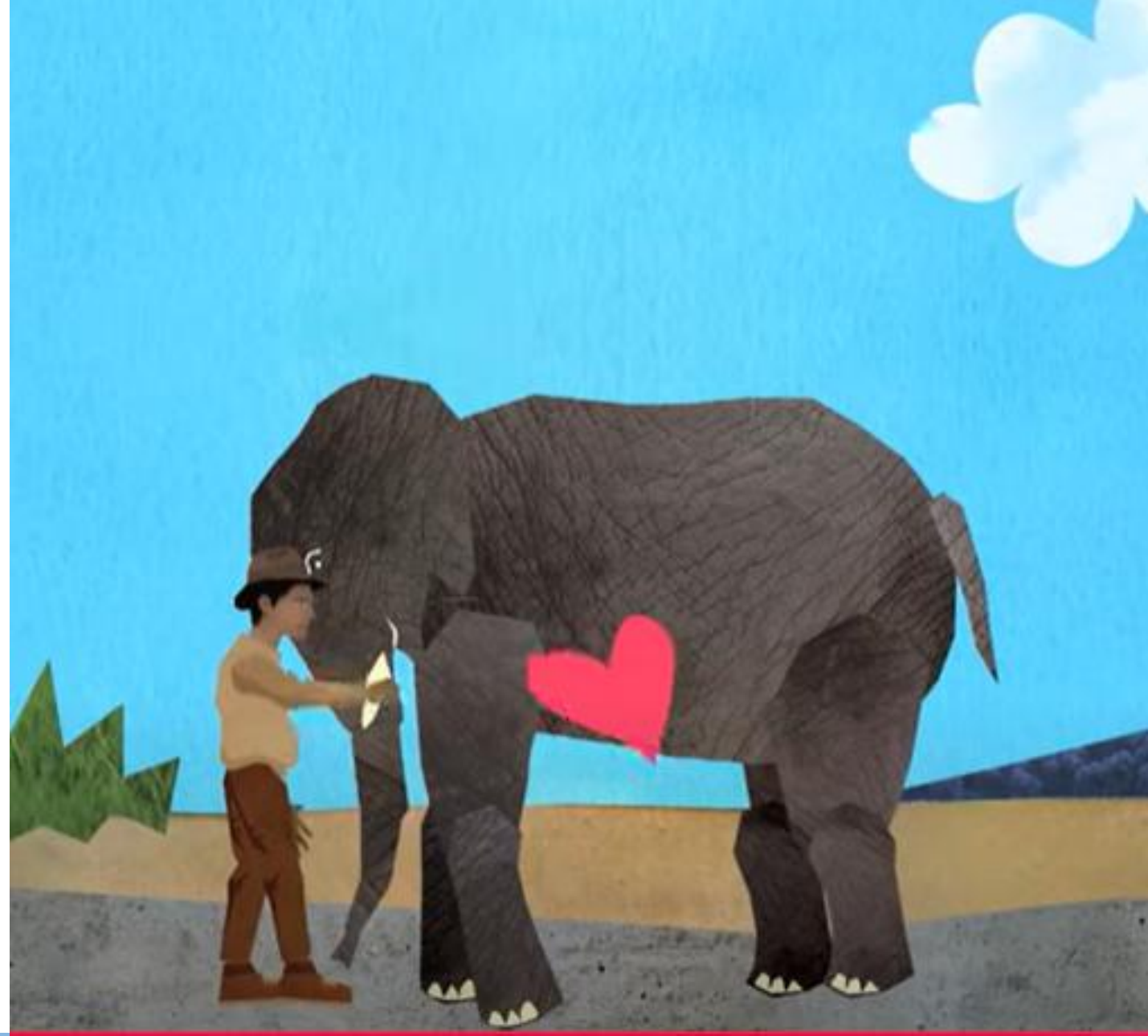
Change the result



“F”-Word

“Feelings”

6-ton Elephant



I HAVE A

CHOICE

SEAR worksheet



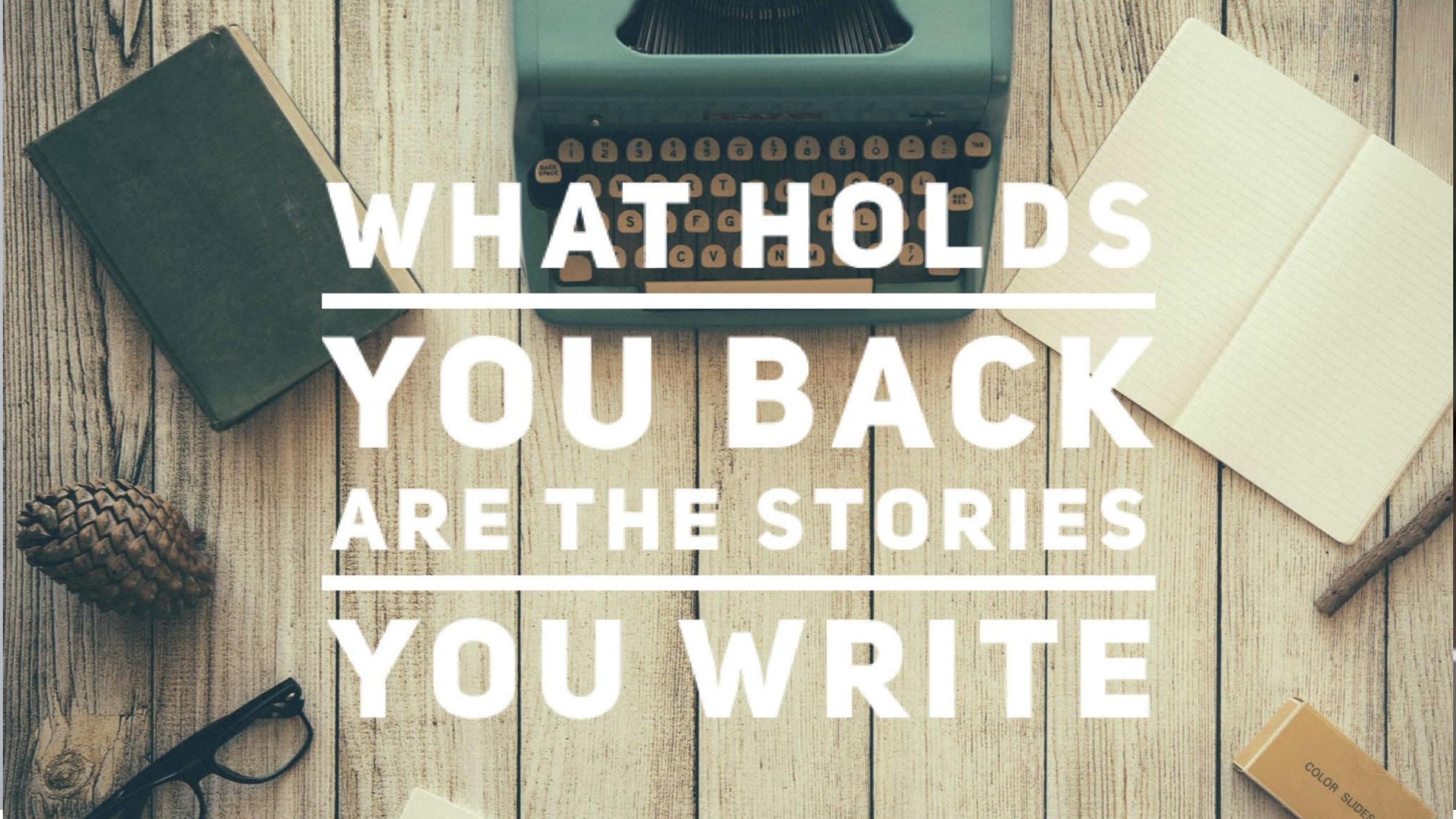
Enter your email to get the SEAR Worksheet!

First Name

E-mail address

Send me the worksheet!

MarianneRenner.com/SEAR

A top-down view of a wooden desk with a typewriter, notebook, pinecone, glasses, and a color slide box.

**WHAT HOLDS
YOU BACK
ARE THE STORIES
YOU WRITE**

**Your best thinking
got you where
you are today**

A person with blonde hair, wearing a dark blue coat and carrying a large yellow bag, is walking away from the camera down a paved path in a park. The path is surrounded by green grass and trees with some autumn-colored leaves. The scene is captured from a low angle, looking down the path.

**when we are no longer able
to change a situation, we
are challenged to change ourselves**

Viktor Frankl

**When you change
your self-talk,
everything changes**