

A hand holding a lit sparkler against a dark background with a white geometric logo above it.

PHOENIX METHOD COACHING

EMPOWERING SELF TALK

FREE TOOLKIT

EMPOWERING SELF-TALK

Empowering self-talk is a practice of consciously directing our inner dialogue towards positivity, encouragement, and self-compassion.

Did you know these facts about communication?

55% is **BODY LANGUAGE**

38% is **TONE of voice**

7% is the **WORDS we speak**

Empowering Self-Talk, not only sounds better, but it also calms and relaxes our nervous system which governs our body language. It serves as a powerful tool for cultivating self-awareness, challenging limiting beliefs, and reframing negative thoughts into opportunities for growth and learning.

HOW TO USE THIS TOOLKIT

- You will receive **7 simple tasks**.
- **1 for each day** of the week.
- **Commit to practicing** it for at least **10 mins everyday**.
- **Use this toolkit as often as you need too**.



The more you practice the more empowered you feel.
Having a **daily practice**, trains your nervous system to get more **comfortable** with it and soon it will **come to you naturally**.

Stepping into Recovery, building Resilience & Reset!
Good Luck!

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Founder, Phoenix Method Coaching

Day 1:

Become a aware of your language:

For minimum **10mins today**,

TO-DO

Make a note of the words you use regularly.

We have gotten normalised to use “struggle” words that most of the time have a negative connotation or emotional charge.

Example:

- I am **stressed**...
- I didn't do anything today, I was being **lazy**...
- I have to work **hard**..
- I need a holiday so **bad**...
- words like: **difficult, impossible, never**... your get the point.

WHY IS IT IMPORTANT TO NOTE THE WORDS YOU CONSTANTLY USE?



Remember... The words you use, refers to what you focus on. If you use these category of words to describe work, people or situations, then you are always focusing on making it hard for yourself, even if you say,

“I have to work hard to achieve my goals!”

TO-DO

You are **instructing yourself to focus** on the goals **always being hard to achieve**.

What you focus on, you get more of.

(This is why, most people give up on their resolutions after 2 weeks.)

Using struggle language keeps your nervous system in FIGHT OR FLIGHT mode. This leads to burning out than motivation to continue.

Day 2

Become aware of what you want:

For minimum **10mins** today,

We expertly know what we DON'T want.... Now, it is time to focus on what we DO want.

Yesterday, **you became aware of your language** and now know that, what you focus on... **you get more of.**



Using negatively charged language, brings more hardship to you. It **does not** necessarily **help you achieve, what you do want.**

Think of it in this way;

If you want to buy a villa, you don't keep the agent guessing by saying, you do not want an apartment or studio or office space, right?

You are specific about what you are looking for, the budget, the location, the number of bedrooms, the facilities, etc.

TO-DO

Note down, what you DO want in specific:

- What do you want from today?
- What do you want from this week?

Changing focus, to things you want, brings more of it and along with it, more clarity on what actions you need to take.

Day 3

Reflect and Reframe

For minimum **10mins today**,

Congratulations on reaching this far!

You are doing really well!

With a better understanding of how your old language was more restricting than motivating you and now knowing what you want, let's learn to reframe sentences.

THE SECRET;

Our brain does not comprehend negative language directly.

Try this; Don't think of an elephant!

What did you do?..... **you thought of the elephant.**

Our brain always actions what it can imagine or make meaning of. That is why, it understood and an image of an elephant but cannot action, "Don't". Get it?!



TO-DO

Reframing examples:

- **This is difficult to do - (Reframe) - This is not easy to do.**

(Brain understand the meaning of easy and takes action. Nervous system is relaxed because it understands easy as good and hence.. easy!

- **I am wasting my time - (Reframe) - I rather invest my time in.....**

(brain understands, investment gives returns and usually positive returns, hence your nervous system is relaxed.

- **I am confused.... - (Reframe) - I want clarity...**
- **It's impossible - (Reframe) - It's not possible**

A calm nervous system is resourceful and motivated.
Now, you try it!

Day 4

Practice Affirmations

For minimum **10mins today,**



Affirmations keep us motivated.

It can be as large and grand as you want it. But, I find simple is best and most effective!

You can find many affirmations on the web, get “inspired” by them and make it your own, in your own words and voice.

TO-DO

Example:

- **I am doing it!**
- **I am confident!**
- **I lead!**
- **I empower myself in everything I do!**

Remember, keeping affirmations in the **PRESENT tense is important.**

All future results are based on thoughts and actions of TODAY.

You Got This!





Day 5

Practice Self-compassion For minimum **10mins today**,



WOW! Are you noticing any change in yourself?

Sticking to this practice is an achievement!
Celebrate it as a win!

Celebrating wins, big and small, gives our unconscious mind a boost and that helps to keep us going.

Yes, I know it might feel very different from what you are used to, you may even slip up and it's ok!

Avoid **judging yourself for slipping up**.
It **happens** to the best of us and when it does,
the key is to **become aware of it**.
Be kind to yourself and continue to reframe.

Remember, reframing is not about just being positive for the sake of being positive, that's Toxic Positivity and should be avoided.

TO-DO

Self-compassion is to accept that a bad is a bad day. Slipping into old ways will happen and **IT IS OK!**

Self-compassion is about saying it is ok and **RESET**, by avoiding punishing, criticizing and judging yourself.

Go for it, BE KIND to yourself!

Day 6

Write in your **Gratitude Journal**

For minimum **10mins today**,

Journaling is a great practice. Why?



It allows you to clear your mind, 1 thought at a time and signals the brain to prioritise what needs to be actioned.

Maintaining a Gratitude Journal is a good way of **keeping your attention on things that are working in your favour.**

Struggle language keeps you **in fear and** your nervous system **in survival mode**, which causes dis-eases in the long run.

Changing focus to things around you that you have and have achieved, keeps you empowered and **your nervous system is resourceful**, which leads to achieving **even greater things and sometimes even faster than expected.**

TO-DO

Note down 3 things you are grateful for today.

Ensure, you find 3 new things to be grateful for everyday.

In looking for **new things to write about**, you will find **opportunities** too.

I am grateful that you **chose our PMC toolkit** to help you empower yourself, today!

Day 7

Visualisation

For minimum **10mins today**,

Studies have shown that Visualisation helps in:

- Stress Reduction
- Pain Management
- Goal Achievement
- Athletic Performance
- Improved Learning



Remember our brain?? It actions what it can create images of and give meanings to. Visualisation helps the brain to find ways to achieve our goals.

TO-DO **Visualisation gets easier with practice. Different people do it differently, chose the way that works for you.**

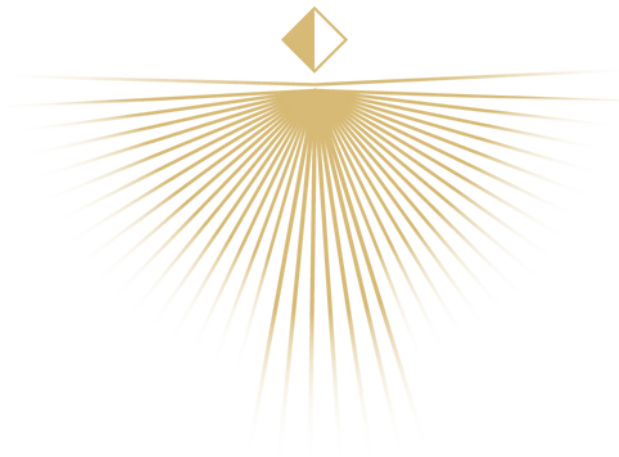
TO-DO **Mental Visualisation:** Close your eyes and visualize yourself achieving your goals. It can be making a presentation, speaking on a stage, finding a partner, becoming a parent, having good health or retiring comfortably, the possibilities are endless. Imagine the details vividly, including how it feels, sounds, and looks.

TO-DO **Vision Boards:** Cut out or print out images that relate to what you want to achieve and words that motivate you to do it. Having these on 1 board becomes a snapshot that guides all your actions. Remember, your 1 vision board can have images that pertain to every area of your life.

CONGRATULATIONS!!

YOU ARE NOW AN EMPOWERED PHOENIX!

You now have the basic tools you need to empower yourself.
Practicing them daily is a commitment you are making to yourself.



Like this step by step toolkit?

Want to know how to:

- **Stop procrastinating & Take action!**
- **Recover from overwhelm & burnout**
- **Build Resilience**
- **Reset your goals with Confidence & Clarity**

Connect with Phoenix Method Coaching

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ABOUT KETKI CHANDAVARKAR



An advocate of personal re-invention, an all round Fashionista, Ketki Chandavarkar, certified Transition Coach, empowers you to pivot from crisis mode to BEing the A.C.T in action.

Stepping into the next phase of your Career & Relationships with Confidence & Clarity, through Recovery, Resilience & Reset methods. Having more than a decades experience in Fashion Retail in the GCC, she burnt out twice and decided to pivot her career when she found her calling as a Coach. Today, her bespoke Methods are intentionally simple which provide impactful and sustainable results.

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