**Communication Notes: Self-talk Mr. Ritz**

In the communication process we must begin with **Intrapersonal** communication

(Talking to yourself.)

Some say you are crazy if you talk to yourself… You are crazy if you don’t listen to what you are saying.

First listen to what you are saying. Hyperboles? Exaggeration? Lies? Evaluate!

Don’t believe everything you are saying to yourself. Stop lying to yourself.

Change your vocabulary:

**First Step** to transforming your lifestyle is: **Replacing your vocabulary.**

**REPLACE** ………………. **WITH THESE WORDS**

Work Play (Turn work into a game: whistle while you work.

Think Imagine: Give a rebirth to your imagination. Color your world

Lazy unmotivated: Invest in your future. You are worth it. You invest in the future by taking advantage of the “Present.” Act in such a way so that your future self will be grateful to your past self for sacrificing today’s present for the gift of a wonderful future. Present.

Change exchange or grow

(create or recreate) transform

Should You might want to consider

/ educate acquire new information

Best Accomplish (work= force/resistance) it is not how hard you try but what you get done. Yoda said, “do or do not, there is no try.”

Can’t I haven’t yet.

Sorry How can I correct the situation/ How can I make it up to you.

Try Attempt, begin, practice, persist, be tenacious, committed

**Other words I need to replace or cut out of my vocabulary:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Words (Vocabulary)--- Thoughts---Actions---Habits—Lifestyle—Culture---The World--- The Future**

**Does the culture in which you live have a greater influence on you than you have on it? (Are you a Thermometer or a Thermostat?)**

**If you want to change the world, draw a circle around yourself, stand in it and start there.**

**Newton’s Law: (“If you keep doing what you have always done, you will continue to get what you have always gotten.”**

**Insanity: “When you keep doing the same thing over and over and expecting different results.”**

**“Make sure that when you get what you want that you want what you got.”**

**According to Newton's first law...**

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| **An object at rest will remain at rest unless acted on by an unbalanced force. An object in motion continues in motion with the same speed and in the same direction unless acted upon by an unbalanced force.** **This law is often called "the law of inertia".**  |

**What does this mean?**

**This means that there is a natural tendency of objects to keep on doing what they're doing. All objects resist changes in their state of motion. In the absence of an unbalanced force, an object in motion will maintain this state of motion.**

**What would it take to change the course of your life?????**

**For the better or worse?**

**According to Newton's second law...**

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| **Acceleration is produced when a force acts on a mass. The greater the mass (of the object being accelerated) the greater the amount of force needed (to accelerate the object).**  |

**What does this mean?**

**Everyone unconsciously knows the Second Law. Everyone knows that heavier objects require more force to move the same distance as lighter objects.**

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**![C:\Users\howardritz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\4WINU9M8\MC900290887[1].wmf]()This is an example of how Newton's Second Law works:**

** The bigger the obstacle the more force required. You CAN move a mountain, but you must do it one grain of sand at a time: (Grain of Sand= Word or Vocabulary)**

**Law of inertia: Momentum: T**he longer and the faster something is going in the same direction the more mass it will take to change its speed or direction. The first five steps of pushing a car are the hardest. The first five steps in transforming your life are the hardest. **REMEMBER: IT DOESN’T TAKE ANY ENERGY ON YOUR PART TO GO DOWN HILL!!!!**

**According to Newton's third law...**

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| **For every action there is an equal and opposite re-action.**  |

**What does this mean?**

 **This means that for every force there is a reaction force that is equal in size, but opposite in direction. That is to say that whenever an object pushes another object it gets pushed back in the opposite direction equally hard.**

 **This explains why when someone pushes you in one direction there is an emotional tendency to push back.**

1. **You can transform their energy into propelling you into the direction you want to go.**

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1. **How you react to outside forces is a demonstration of your true character: (What you are made of and if you are the bigger person).**

**Do you absorb the energy of others, react to it, or is it just one more thing that propels you on your chosen destination?**

1. **How you interpret the actions of others and events in your life and how you chose to use those events to propel you onto success.**
2. **It is not what happens around us or to us but what happens within us that truly matters.**
3. **Nothing bad can happen to the person who is always grateful.**
4. **You choose through self-talk whether to become bitter or better.**
5. **Bitterness is like taking poison and hoping someone else dies. It only destroys who you are and what you could become.**
6. **You are not what you think you are you are what you think…. So imagine … imagine … imagine…. Imagine….**
7. **Imagination (believing) is the substance of things hoped for and the evidence of things not seen. What you can’t see is much more valuable than what you can see.**
8. **You say I am crazy because I see things that aren’t there … I say you are crazy because you don’t see what is there.**
9. **While you are looking at the past I see the future in the present.**
10. **Glance at the past, peer into the future, but never forget to live in the “PRESENT”… It is a gift.**
11. **Never base your identity on your past but the possibilities of the future.**

**This page is for Drawing:**

**Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Classmates:**

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