

Speaker 1:

Fit Body friends. Hope you're doing great. Bedros Keuilian here, founder and CEO of Fit Body Bootcamp, but you can call me Coach B. You ready for this? There is the most important conversation you can have. Who do you think is the most important conversation that you can have with, who do you think that person is? Can you guess? Is it your spouse? Is it your kids? Is it your Fit Body Bootcamp coach? The most important conversation you can have is with you.

Speaker 1:

Think about that. The inner thoughts that you have. The average person has something like 50,000 thoughts per day, and as it turns out statistics show that 90% of those thoughts are the same thoughts over and over again, and 80% of those thoughts are negative. So, if you're worried about having conversations around you, of people influencing you in a negative way, I'm here to tell you that the most important conversation you could ever have in your life if you want to build your mindset, personal development, and you want to be a positive, optimistic person who has great influence on the people around you, it is to control the conversation that you have right up here. That is the most important conversation we can have.

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I'm going to give you a little mantra. You ready for this? I'm going to give you a little mantra that I do to change my conversation, internal conversation from negative to positive. Now, it's going to be a little goofy, but here it goes. I just close my eyes. I jump around in place and I go, "I like myself, I like myself, I like myself, I like myself, I like myself," and guess what happens? Just doing this, jumping around like a goofball with my eyes closed saying I like myself, science shows that you can't help but smile. When you smile you release happy hormones, endorphins, dopamine. Guess what, that changes your mental state and all of a sudden the conversations in your head change as well. So are you ready for this. Every time you're feeling like you have these negative self talk conversations happening just close your eyes, jump around, yell it out at the top of your lungs, "I like myself," over and over again and watch how goofy you'll look and watch how awesome the experience will be. I'll see you tomorrow.