



DCB STRATEGIES

Decide Commit Become

WEDNESDAY WEEKLY WISDOM!

"SELF-TALK"

Who do you talk with the most during the day? Yourself.

I AM...two of the most powerful words. For what you put after them shapes your reality.

Self-talk is the most powerful form of communication because it either empowers you or it defeats you.

Change your self-talk and change your life!

Be careful how you are talking to yourself because you are listening.



Being The Best And Average Have Nothing In Common

Let's Talk / DCB Strategies →