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6 The History of Self-Talk 1968 -- Shad records first experimental self-talk 1972 -- The "Helmstetter Life Coaching System" developed 1972 -- Shad begins conducting professional coaching sessions 1979 -- Writing begins on first self-talk audio series 1981 -- ...

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3 The Origins of Self-Doubt 4 Transform Your Self-talk from Negative to Positive 5 Separate Facts from Interpretations 6 Moods 7 The Vicious Cycle 8 Manage Your Moods to Enhance Self-Esteem 9 Why We Keep Our Moods in Place 10 The Costs of Not Reclaiming Our Self-Esteem 11 Survival Formulas 12 Case Studies 13 Reinterpret Your Past 14

Self-Talk Script: The TopTrucker 20

Self-Talk Script: The TopTrucker 20 Attitude + Skillset + Performance = Success x Every Day = Greatness "I believe in greatness I believe that it is mine I am creating it and living it right now!" "I am a person of quality and strength And, my success is the result of who I ...