

This is another TRANZ TALK for you to practice, so you can make your life happen on purpose!

If you are a Hypnotherapist you can use this Tranz Talk for your clients.

There will also be a pdf tranzcript download for your convenience.

This Tranz Talk is called:

PRAISE YOURSELF FOR MAKING MISTAKES!

Have you ever felt terrible because, you did something very ineptly? Perhaps you pronounced someone's name wrong when introducing him to a friend.

Or perhaps your hands shook when you spoke in front of the PTA, or maybe you simply had a flop with a new recipe. Whatever you did poorly, did it occur to you that you deserve praise instead of self-criticism? Praise yourself for doing something badly so you'll have the opportunity to learn from your mistakes. Anything worth doing is worth doing poorly for awhile. Otherwise, how will you ever learn to do it well?

Remember how many times you fell before you learned to ride a bicycle? But the bruised knees and elbows were worth it when the size of your world increased once you had wheels to carry you further than your feet would.

Dancing is a social skill that doesn't come naturally to most people. But unless you want to be a wallflower or a watcher, you'll take the time and put forth the effort to learn some steps.

The fact is, when things are easy, everyone does them. Breathing, sleeping and eating don't take any practice at all, and everybody does them. Giving up is easy also; so is procrastinating.

Losers and stallers are plentiful.

On the other hand, look at people who've learned to do things that are difficult, such as speaking in front of a group. It's a rare person who isn't totally terrified when he initially stands in front of a mass of staring eyeballs. But the more he forces himself to speak in fornt of an audience, the better he becomes.

He'll be a leader, not a follower- Because he wasn't afraid of making mistakes.

Babe Ruth was that kind of person. Today he's remembered as the home run king, but few people remember he also had the most strikeouts in baseball history.

Ty Cobb stole 70 percent of the bases he tried - 96 bases out of 134 tries. Max Cory stole 96 percent - 51 bases a out of 53 - but he's not remembered nearly so well as Cobb.

Eddie Arcaro is one of the greatest jockeys of all times, but he rode 250 straight losers before he rode a winner.

People don't remember your mistakes - if you turn them into learning experiences to lead to greater successes.

TRANZ TALKZ PUT POSITIVE EMOTIONAL POWER IN YOUR LIFE:

1. Practice growth: Ask for help with something you don't do well.
 2. Practice reflection: Remember mistakes that led to self-improvement
 3. Practice immediate gratification: Fix something around the house you've been putting off for months, and enjoy the results.
- Dare2Fail

Just!n Tranz