Self-talk - We all have it... every single human in the world has their very own chatter that is continually going. It can be positive, negative, it can build you up, bring you down, make you smile, make you sing, make you cry, make you go completely bonkers but can also make you incredibly successful, happy and motivated. You know what I am talking about right? That little angel or devil on your shoulder telling you what you can or can't do.

What if you were to say our self-talk aloud? Do you think people would think we are crazy? Why is it ok to say something to ourselves in our head, but to say aloud would be seen as bad or potential insanity? Have you ever seen someone who talks to themselves aloud? Do you think they are crazy? There is not much difference, is there?

We make our way through each day with what we say to ourselves in our head. We make lists, recall memories, think, plan, prioritise, organise, tell ourselves off, give ourselves a pat on the back, laugh, it never stops. Our brain never stops this constant chatter. We need it, it what makes us get up, move, sleep, eat, drive, work, play, it's what makes us LIVE.

Self-talk also determines how we feel. It controls our confidence, self esteem, ability to socialise, our anger, our joy, basically our overall happiness. It's so important that we give our chatter some attention and take control over it. Your chatter, like your brain is linked. Every word you say to yourself in your head gets linked to feelings and these feelings, well, they make us feel how we feel. Now I don't know if you know, but words have energy, I'm not going all crazy here, It's true, trust me, even the ones you don't say aloud can literally turn water black. I have seen and done my own home experiments on this.
What is your chatter saying to you? Is your chatter positive? Is it negative? Does it go around in circles? Are you too tough on yourself? Are you too easy on yourself? This in fact is just as bad. Do you manage it? Are you in charge???

**Our mind is the control centre...**

Our unconscious mind listens to our chatter and gives it power without us knowing. The unconscious mind is a million times more powerful than the conscious mind and we operate 95 percent of our lives off of it. By following this program you can get in touch with your unconscious mind and learn to take back some control. By taking back control over your chatter you are taking back control over your life.

Our chatter is so insanely powerful, it can turn a simple situation into a nightmare - I recently write a book on what I have learnt over the past year, actually it only took me 6 months to have a complete life turnaround. For the past few years I have been working my ass off running very successful businesses, working myself into the ground for other people's gain. One day my body decided I needed a break and I ended up in hospital having a stroke at the age of just 31. This wasn't exactly a wake-up call for me. When I finally got out of hospital I went straight back to work, literally, not the best idea now that I look back. After this I kept on going, I kept on working myself into the ground until one day I finally had enough and quit my job to go travelling. I had the most amazing time, I loved it, I didn't have to work and all I had to do every day was decide where to go to next – what a life right? One would think so, but this still wasn't enough for me and I had to learn one more life altering lesson before I started to look at life differently.
I don't want you to have to go through what life threw at me. It was a tough lesson that I had to learn, it not only hurt me, it hurt my friends, family and boyfriend. I have learnt through personal experience as well as tonnes of research the recipe for happiness. I want you to know- the secret to not only being happy, but mind boggling happy. I know you can do it. I know it can be done. I am living proof, and you can be too. I share this with you because I know how easy and effective my program is, that this stuff really works. It all starts with your 'self' chatter. We can all be our very own worst enemy. I know, I was that very person. I no longer want to be sad, I love being happy and I want the whole world to be happy with me.

Taking back control over your own self-talk takes dedication and hard work. If you have been training your brain to respond in a certain away for over 20 years, it can't change overnight. As the saying goes, 'Rome wasn't built in a day" Take The happy pill 28 day challenge and see what happens.

I am ridiculously passionate about happiness, sharing, caring, loving, laughing. I want to help people break free from the chatter chains, from the self-doubt, from the limiting beliefs they put upon themselves and I want you to see that the reality is, the possibilities are endless once you put your mind to it. The world truly is your oyster, and all you need to do is get up off your bum, grab your fairy dust and sprinkle your magic everywhere you need to go. Ok, ok, so maybe not fairy dust, but you get my drift.

My aim is to help YOU build a better YOU, to help YOU rewire your self-chatter and see how happy you can be, and not just happy, I mean enlightened. I want you to be the most awesome that you can be. Just like any other kind of training, you can train your brain to change its chatter. Thinking happy, leads to being happy. Being happy brings you a
world of opportunities, a healthy mind and body, and makes you look younger... YOU have the power to control your happiness, no one else, nothing else, just YOU.

Are you ready to take back that power?

Let's pop some happy pills.

Peace and love

Jess