

Self Talk and Civility

PST>>>>>Civility>>>>>Good Communication

NST>>>>>Incivility>>>>>Poor Communication

To Shift>>>Takes Awareness, Discipline, Commitment,
and Resolve

New Positive Mindset>>>Creating Consistent, Habitual, Positive
Thoughts>>>New Neural Pathways

PST

Civility

Clear Communication

Connection

Team Effectiveness☺

Improved Morale

Good Self Esteem

Respectful

Confident

Does Not Personalize

(Vibrantly Healthy)

Productive

Better Health

Manages Stress Well

Clutter Free

Resilient

Flexible

Values

Goals/Positive Structures

Perspectives/Choices

Options, Possibilities

NST

Incivility

Poor Communication

Disconnect

Reduced Team Effectiveness☹

Lowered Morale

Poor Self Esteem

Disrespectful

Unsure of Oneself

Personalizes

(Unhealthy Boundaries)

Low Productivity

Poor Health

Manages Stress Poorly

Clutter

Lacks ability to Bounce Back

Inflexible, Rigid

Unaware of Your Values

Lack of Goals/Pos. Structures

See Things in Black & White

Limited, Narrow