Do you believe positive self talk helps during physical activity? Gretchen Reynolds argues in the excerpt “Keep Telling Yourself: This Workout Feels Good” that the mind and body are connected. She writes that motivational self talk leads to less fatigue and makes physical activities feel easier. Furthermore, positive thinking can improve physical performance, and positive self talk can help overcome physical limits. I personally believe that the body cannot reach its full potential without the mind.

 First of all, I believe motivational speaking can increase endurance. The historical film Rocky I illustrates how Rocky used motivational speaking to increase his endurance. The film shows Rocky training in Philadelphia in front of the Vincent Van Gogh museum, running and shadow boxing, preparing himself for a fight while listening to “The Eye of the Tiger” by Survivor. Reynolds stated that motivational self talk leads to less fatigue and makes physical activity easier. For a regular boxer, the intense training Rocky went through would lead to stress and fatigue; however, Rocky used the song lyrics to motivate him not to give up. The song “The Eye of the Tiger” lyrics stated “rising up, straight to the top. Had the guts, got the glory. Went the distance now I’m not gonna stop. Just a man and the will to survive.” These lyrics were about rising to the top, which is important in Rocky’s training. This made him persevere and push forward. Hence this shows that with positive self talk it can increase endurance.

 Not only does positive thinking impact physical performance, negative thinking does too. Reynolds explains that in a research study, “the group that had talked to themselves in encouraging ways were able to pedal longer than expected.” This shows that if you speak to yourself in encouraging ways, you can exceed your physical limits. One example we can compare Reynolds’s idea to is the show Dragon Ball Z, a show about martial arts. Gohan, a young kid, was fighting against Cell, an antagonist, and he believed that he wasn’t going to win the fight. He was losing the fight because of negative self talk. But Gohan’s father Goku was speaking to him to find it in himself to push and win the fight. Even though Gohan had a broken hand he won the fight because of his father’s encouraging words. Futhermore, Gohan’s negative self talk caused him to almost lose the fight because it decreased his physical performance. However, his father’s motivation changed the way Gohan was thinking and encouraged him to perform better. Reynolds states that positive thinking can improve performance. In other words positive thinking does help sometimes to make you push forward in what you’re doing and gives you a lot more motivation, but negative thinking can have the opposite effect.

 Repeated self-talk can be part of our life that makes us feel motivated and also feel good. Reynolds states that “to be effective, though, self talk probably has to be consistent and systematic.” For example, when we work hard we get tired. But the thought of getting paid can encourage us to work more and also makes us feel happiness. A paycheck is a constant and repeated reward for your hard work. For example, at my job at McDonald’s, I work hard for minimum wage, but the thought of being paid every week keeps me going. As Reynolds stated, repeated positive self-talk can make people feel good. And when we repeatedly work more for the paycheck the work becomes easier and we feel good.

 In conclusion, the author argues that “the body is intertwined with the mind in ways that we are only starting to understand.” Furthermore, my essay states that the body cannot reach full capacity without positive self-talk. Therefore, we can change the way we speak to ourselves by encouraging ourselves to perform better in our physical activities.