

## "Why I Talk to Myself (And Why You Should Too)"

*A Creative Strategy by Dexter Eugenio | The DECAF Network*

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Hey, I'm Dexter from The DECAF Network — and I talk to myself.

No, really.

I literally talk to myself.

And I want you to start doing it too.

Not *to me*, but to **yourself**.

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### Talking to Myself Helps Me Think

I've been doing this for as long as I can remember — and here's why:

It's **freeing**, it's **creative**, and it's incredibly **helpful**.

Ideas come to me all the time — while driving, while listening to podcasts, when I see something that sparks a thought.

And if I don't capture that thought the moment it hits, I'll spend the rest of the day trying to remember it.

More often than not? I forget it.

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### My Solution: Voice Notes & SMS to Myself

Here's what I do instead:

- I **send myself SMS messages**
- I **record voice memos**, often really long ones
- I use **Siri shortcuts** to make this instant

If I say "Hey S" followed by a keyword, my phone opens up a message so I can instantly voice-record the idea and send it to myself.

That's it. That's the trick.

Then at the end of the day, I review them.

If the idea's good? I file it or explore it.

If it's not? I toss it. No harm done.

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## Why Voice Notes Work Even Better

I use voice memos for:

- Business ideas
- Personal reflections
- Wins and setbacks
- Random sparks of genius

I've recorded **hundreds** of them. Some go for **over an hour**.

And it's not just a habit now — it's a system.

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## The Headspace Hack

Here's the truth:

There's nothing worse than holding a great idea in your head all day long, thinking you'll remember it later.

You won't.

You'll get distracted.

You'll be driving and your favorite song comes on.

Then a podcast starts.

Then a phone call.

By the time you get to your desk?

**Poof.** The idea's gone.

Later you might vaguely remember:

"I had a great idea on the highway earlier today... but what was it?"

That's why I record. That's why I talk to myself.

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## This Is Kind of Like Affirmations (But Practical)

Sure, you can talk to yourself like:

- “*I am enough.*”
- “*I am capable.*”
- “*I’ve got this.*”

That’s great.

But this practice is also tactical.

I’m using voice notes and texts to **empty my brain** — to make room for better thinking.

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## Here's the Fun Part...

When I record my ideas, I’m not just *saying* them — I’m *hearing* them.

And sometimes what sounded genius in my head... sounds ridiculous out loud.

Like truly awful.

But that’s helpful! Because it’s a **filter**.

If the idea holds up after I’ve said it out loud? Awesome.

If it doesn’t? Toss it. No shame.

That clarity is gold.

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## Free Up Your Mental Real Estate

Here’s how it works for me:

1. I record or send myself an idea
2. I come back later and re-listen
3. If it’s worth keeping, I expand on it
4. And my mind stays clear and open

Because when an unspoken idea lingers in your head too long, it **blocks** new ones from coming in.

And I don’t want to miss the next good idea because I’m babysitting a half-formed one.

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## So Try This:

- Send yourself a text next time inspiration hits
- Record a quick voice note, even if it's messy
- Speak your thoughts — then listen to them

You'll find clarity, creativity, and a surprising sense of calm.

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That's it for me today.

Thanks for listening — or reading.