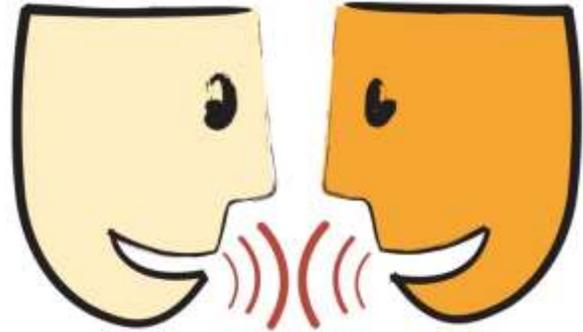


Words create your life

When you get the idea that the words you choose to use come from your beliefs and thus cause how you feel and what you do, you soon understand that choosing new words can greatly help you live a better life. For example the word “hate” has become commonly used. Just say this out loud or in your head: I *hate* it when that happens. I *hate* it when you say that. I *hate* it when the newspaper is late. I *hate* people who drive slow. Now sense how you feel. How are you breathing? Do you feel tense? Now say: I can accomplish all my goals! Do you feel confident? Probably not. Because now your brain is in a negative feeling state produced by using the word “hate”!



Words produce feelings-whether spoken to you or by you. Your feelings guide and control what you do. You keep yourself stuck in a negative feeling state simply by the words you habitually use.

It is ESSENTIAL that you begin to use a new empowering vocabulary by finding any words you habitually use that put you into a negative thinking state often without even knowing.

I like to find and use new words because it makes me feel unique. I also feel like I am being an example of positivity in a world of common negativity. When everyone is talking about how they “hate” the weather, I say “**I prefer more sunshine!**”

When everyone answers “good” or “fine” to the question, how are you doing? I like to answer: “**Too blessed to be stressed!**” That gets people thinking and spreads a new empowering belief to everyone who asks me that common question.



Start to change your habitual words and your habitual feelings will start to change. Your life will follow your better words.

Billionaire Richard Branson and other super successful people use different words than the average person. Does their success bring about a new vocabulary or does their successful vocabulary bring about the attitudes and beliefs that cause them more success?

ASSIGNMENT:

Listen to your thoughts and out loud language and identify one negative word you use habitually. Then find a new word that you could use that will help rather than hurt you.

Example: Hate positive replacement: “prefer” or “not so fond of” or “not a fan of”

Make it your goal to find and change 10 words over the next few weeks. If you do this, you will see a massive change in your habitual moods and feelings.

Habitual Negative Words I used

Positive replacement I am now using

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Start responding to the question: “How’s it going?” with the answer “*Too blessed to be stressed!*” and record what it does in your life and other’s lives:

Things that happened because of replacing “good” with “too blessed to be stressed”:

