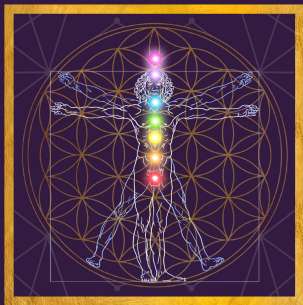


THE POWER OF WORDS



SHARON WHITE

The Power Of Words

Words carry considerable weight, we have all experienced it for ourselves.

Sometimes just one word is enough to change your mood. Do you ever wonder why?

- Think about a time when someone said something to you, and it made you cry.
- Think about a time someone said something to you and it made you happy.

They were just using words, right? Words are not neutral. They give or take away energy. This is true for the words you say to others and the words you say to yourself.

Words transform the experiences you live through and change the way you face the challenges life offers you.

You Can Learn How To Use Words Effectively.

Find Your Trigger Words

Words have associations and trigger emotion.

What if we can replace your negative trigger words with positive ones to create and maintain a positive state of mind, one that opens the doors to endless possibilities?

EXERCISE

As we have learned words trigger emotions. You can replace your negative trigger words to positive words.

Here is my example for you.

Where Are Your Beliefs At?

Negative Trigger Word

What Emotions Does This
Trigger Word Invoke?



Anxiety	→	Fear
Obstacle	→	Stuck
Overwhelm	→	Paralysed
Tired	→	Lethargic

You can see here that my negative trigger words are triggering negative emotions and a feeling of being 'stuck'.

Where Are Your Beliefs At?

Create A Positive
Trigger Word

What Emotions Does This
Trigger Word Invoke?



Passionate → Empowered

Challenge → Excited
(to move forward)

Inquisitive → Activated

Busy Working → Energised

You can see here that my positive trigger words are triggering positive emotions and a feeling of 'movement'.

Where Are Your Beliefs At?

Create A
Negative Trigger Word

What Emotions Does This
Trigger Word Invoke?




Now you know your trigger words change
them to more empowering words.

Where Are Your Beliefs At?

Create A
Positive Trigger Word

What Emotions Does This
Trigger Word Invoke?




Now you know your trigger words and
changed them to more empowering words.
Start using them more consciously.

"Words are POWERFUL. Use them WISELY".

- Sharon White