

## *The power of words*

There's power in the words you use. Choose them wisely and they'll serve you and help you live the life you dream of.

**The words you use each and every day shape who you are. They influence your thoughts, how you feel, and your actions.**

Stand up now and say these words. As you say them, notice how you feel.

I'm not  
I can't  
I don't  
I haven't

Now try these words. And, again notice how you feel.

I am  
I can  
I do  
I have

What did you notice? What differences did you notice?

When I say the negative words my shoulders slump. It's like the weight of the world is on me. Saying the positive words makes me feel upbeat and positive. I stand taller with my shoulders back. I also feel lighter and happier.

How about you?

## EXERCISE

Grab a pen and your book. Write a list of statements about yourself that are positive and affirming. Start the statements with “I am”, “I can”, “I do” and “I have”.

You might have sentences like “I am a loving and caring woman”, “I can do anything I set my mind to”, and “I have all the skills I need to make this day a success.” Or whatever feels right for you.

Now say your sentences out aloud. Repeat daily, in fact several times a day! What you choose to say about and to yourself has a HUGE impact.

**Your words have power and will either serve you or not. Be like a gardener who removes the weeds from their garden so the flowers and plants can flourish.**

**Remove the words that do not serve you. Notice the changes in what you believe about yourself, your potential and in the possibility of the future.**

If you have any questions or comments, please contact me by [email](#).

*Live your life as only you can. Your life, your way. – Tracey x*