

## The Power of the Word

This may be the most successful year of your career!

This may be the year that you experience something that you never dreamed possible.

This may be the year when you have a new awareness about your health that turns the clock back and sees you in the best shape you have been in since college.

This may be the year when you realize your dream of having no worries about money.

This may be the year where you experience more happiness than ever before.

This may be the year!

Why would this year be different? It may be about a decision. It might be that you feel an energy that is different than ever before. It may be that you definitely feel an energy that is different than what you felt last year at this time. It may be because what you see as important has changed. There has been a change of course on this journey you are taking. Maybe it is a change of thinking. Maybe it started with a change of words. This article is about the power of words!

We listen to words, we read words, we write words and we speak words. If we wanted to lose weight we might consider the food we consume. It is obvious that there is a direct correlation between the food we use and the health results we get but eating the way we eat is a habit, so we continue to eat that way.

I am asking you to consider the words you consume and deliver. Do you think it is possible that there is a direct correlation between the success of a career, a relationship, your health, your experiences, your finances, your happiness and the words you take in and give out? Is it possible that you are in the habit of consuming and using words that are not helping you get to where you want to go?

Think about the kinds of words you were listening to this time last year. They were probably words like economic downturn, layoffs, cutbacks, cancellations, reductions, unemployment, closures, budget cuts ... you get the idea!

Those words often result in people using words like stressed, tired, frustrated, reluctant, down, hesitant or hopeless.

I don't know about you but just typing all of these words on my keyboard has made a difference in my energy. It is not that they are bad words. They are just words that are associated with moving away from our goals. I don't think we wake up in the morning thinking let's get smaller, let's be less successful or let's give up on the dreams that we have, but words begin to make us think differently and behave differently. It may be gradual but soon you, your people, and communities of people all start to think and play smaller.

If you would like to have your best year ever in one or all of the areas of your life, consider this experiment. Make a conscious effort to change the words that you hear and speak.

Think about your diet of words. Think about where you get them!

The experiment begins with awareness. You may not be aware of all of the words you take in that are working against you. You may not be aware that you have a choice in hearing them or not. You may not be aware of the motives of the people who are saying them to you. You may not think twice about the words you say that diminish or demotivate. You may not be aware that the person you are hurting the most with the words you choose is you.

If you knew how powerful they are you would choose your words wisely. That is exactly what I am asking you to do. First off, pay attention to the sources that you are listening to. Many people tell me that they have to watch the news and read newspapers. There is nothing wrong with that if they have decided they need to. The problem is that often it is an old habit that was decided when news was news and not just designed to support an agenda or make you afraid of something. Choosing newspapers or television news programs are examples of the sources of the words you can be listening to. If your sources of words are sad or angry people, there is a good chance that those words will affect you consciously or subconsciously. The same is true if your source of words is happy, positive people. In many circumstances you have a choice in who you listen to and in some circumstances you don't, but you always have a choice of what meaning you give the words you hear from them.

Whatever the words are that you are hearing, consider if they are supporting you or working against you!

More importantly pay attention to the words you are using. If you are leader of people the words you use can inspire or deflate. They can build up or knock down, energize or immobilize. Look at your goals and notice the energy you and your people have to achieve them.

Now it is time to have a little talk with yourself. Think of an area of your life where you would like to have a completely different outcome this year. Consider how using different words could make this happen. If you don't believe they can, you might be reluctant to try, but what do you have to lose? Why not call your coach and have a conversation about this to discover the words that you don't need anymore and the ones that can move you toward your goals and dreams.

Shelley MacDougall and I observe that when people are talking about themselves they believe they are reporting history and are not aware that they are also creating the future.

The words we use can shape our lives. They can shape the lives of our children and the people we are privileged to share our lives with, at home, work and in the other parts of our lives. The question is: how often do we stop to consider how the words we have chosen are actually working.

I wish you the best year you have ever had!