



THE
POWER
OF
WORDS

CHANGE YOUR WORDS,
CHANGE YOUR LIFE

JAVIER CHUA

THE POWER OF WORDS
Change Your Words, Change Your Life!

by

Javier Chua

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To the author of Rich Dad Poor Dad, Mr Robert Kiyosaki, who had indirectly influenced me to think differently with the mindset of abundance instead of scarcity.

And lastly special thanks to the late Mr Jim Rohn, who had impacted me greatly through his audio books and seminars.

ABOUT THE AUTHOR

Hi, my name is Javier Chua, founder of the personal development website PositivityToSuccess.com and the creator of this *The Power of Words: Change Your Words, Change Your Life*.

First of all, I want to congratulate you for downloading this eBook. You now have access to the power of words in hand to help you in your personal development. Internalize it well as it can help to transform your life for the better.

Let me share with you my personal story of how I discover the power of words.

It all happened in the year 2013. I still remember I was pretty nervous and excited to propose to my wife and later on meet her parents to get their blessing.

I remember exactly what my mother-in-law said “You must take care of my daughter well! Make sure she is always happy.”

Few months down the road, I went out with my girlfriend’s family to a car showroom to look for a bigger family car and we had our lunch at one of the hawker centres. After that we went back to my girlfriend’s house to have our usual weekend family bonding mah-jong session.

After one round of mah-jong, my mother-in-law’s face was flushing red, we thought is her normal low-blood pressure symptoms and we didn’t really take much notice until she went to wash her face and then suddenly collapse onto the floor.

She was sent into the hospital and we could not be able to talk to her anymore as the doctor said that she suffered from some brain damage. It was a painful experience as she was in the Intensive Care Unit for 38 days before she passed away.

Although this unpleasant episode has passed for quite some time, I still can remember her words of taking good care of her daughter who is my wife now. Although those are not the last words of her, it had deeply stick with me throughout my life.

Throughout our lifetime, there are so many moments and words that we learned which indirectly impacted our life. In fact, it is my mission to share with you what I

have discovered that were helpful in my own journey to success and it will definitely be helpful for anyone who are on their own journey. Open up your mind towards the positive possibilities that by changing the words we use, we can change our life towards the desired way we want.

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INTRODUCTION

You probably do not truly understand the power of the words that you feed to yourself and others. You might be using words that are holding you back and stop you from reaching your goals. Are you using powerful words that give you the courage to follow your dreams? Do you find yourself following your dreams and passions, or are you finding excuses not to pursue your dreams?

Maybe you have not realized your true potential? If you continually utilize words that disempower you, then you will never realize your true potential. You must begin learning today the words that will empower you and how to begin utilizing them so that they can benefit you in everything you do. For you to reach your goals; you must learn how to be positive. Things do not happen to people who are negative.

When you speak to yourself whether positive or negative the power of words we use impact our lives and have more power than we can imagine. They are powerful enough to manipulate and impact our reality and existence. Is that hard to grasp? Then why is it that at age 35 do people still allow the critical words of spoken by an angry parent when they were being disciplined at the age 12 still impact and control their life today? People still use the excuse "my parents told me I could not do this or that?"

Their words that they used have impacted your life to some extent, just as your words will impact your child's life. If you continually tell your children that they can do something and that they are brilliant. The power of words takes over, and eventually, they become that brilliant person, and their self-esteem grows. You get to choose what you say, just remember before the words come out of your mouth it is either going to be positive or negative; you get to choose.

If you continually worry about something in your life and you keep talking about it. Well, you can almost bet you are going to experience it in your reality. People do not quite understand this; they continually talk about the lack of money, their achy joints or whatever else they focus their attention on. As they continue to talk about their situation; they will never change their current situation. Remember whatever you focus on you attract.

Begin using positive affirmations today, and you will notice how you will begin creating the life you truly desire. Also, it will help you gain confidence and improve your self-esteem. Disregard anything negative that anyone ever told you whether it was a parent, teacher, friend or someone else. You can begin today to use the power of words to help you reach any goal you desire.

You can even use the power of words to become a much more positive person; the best part is that you will pass that on to your children. They will learn how to focus on positive words as opposed to negative ones.

Let's Begin!

The Power Of Words

You have probably heard the old saying, "sticks and stones may break your bones, but words will never hurt you." Wrong! It's because words have such a powerful effect that we devise defenses against them. If words truly did not matter we wouldn't put as much emphasis on the power of words.

Words Have Power

you can believe that or not believe that, but the reality holds true. The words that you speak have the power to encourage and lift up those around you. Words can also be used to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble the people you encounter each day - from your family and friends to the poor clerks destined to walk through your path.

The words that you use during your day also determine your own walk. Not only will the words spoken drive the directions you take, but the words that constantly flow through your mind will begin to develop your path. As a man thinks, so is he. Not thinking is an impossible action for the task of controlling thoughts. Capturing and changing thoughts that cross your mind makes the task manageable. A changed life starts with changed words.

The twelve step programs, the bible, and the positive thinking gurus all proclaim the importance of speaking aloud the changes that are desired. The words come first. "If I always do what I've always done then I will always get what I always got." Change begins with the words that are spoken. When asked about swimming against Michael Phelps in the 2008 Summer Olympics, a competitor said he was not even thinking about beating Micheal Phelps but only thinking about finishing second. He succeeded.

The words that are spoken begin the change process, but actions are also required for success. When asked about doubting his ability to win gold at the Olympics in 2008, Michael Phelps seemed shocked. Doubting his ability never came to his mind. He believed he could and then he put actions behind that belief to build his ability. He also succeeded.

What are you feeding into your life? The statements that you make about who you are and where you are can be the difference between getting gold medals and

getting silver. Feeding the doubts may bring second best, but the gold medals come from thoughts of winning and action to make the win a reality.

Children's lives are largely made up of words - the words of their parents, loved ones and those they admire. A parent can fill his or her child's heart with zeal for education and success in life, or destroy the spirit and future of the child with negative words. Children are word-made.

A wife can lift up the spirit of her husband with positive words of encouragement or destroy him with negative words, and vice versa. A man who has lost his job can come back home to a wife who will hug him and encourage him with words like "Don't worry; you will get a better job." With those words, the man will be happy and encouraged to go out there and get a better job. But she can decide to scold him and nag at him saying, "I know you are a good for nothing husband." A few devastating words could have filled his mind with confusion, his heart with pain, and his eyes with tears. She can destroy his spirit and even cause the man to commit suicide. Words give heartache, and words give strength, comfort, and faith.

Words are like bullets; you can't call them back once released. They can break homes; they can break relationships. They can break lives. Words are so powerful that they can live with a person throughout his or her life time. No wonder it is said, "The pen is mightier the sword." Words are so powerful that they can make or break a person. What you hear very often, shapes your life. It shapes behavioral pattern. Some people behave the way they do today because of what they heard yesterday.

Why do people become a suicide bomber? It is simply because of what they have been told. One of the greatest problems Michael Jackson had throughout his life time, originated from what his father said about his nose as a child. His father made fun of his nose as a boy. This created an inferiority complex in him. Until his death, he was trying to correct the shape of his nose. What we hear very often forms our belief system.

How Our Words Affect Others

Have you ever been commended and how did you feel? Have you ever been insulted and how did you feel? Our words certainly affect others, either for good or bad effects. We can either, build or destroy, gather or scatter, lift or pull down, comfort or discomfort, etc., with our words.

Spoken or written words are vehicles for communication. Communication is the art of passing across news, information, feeling or whatever, to somebody else. Therefore whatever we want to pass across to a person (hatred, love, joy, condemnation, honor, etc.) determines the effect it will have on the person. Also, the effects of our words are determined by our state of mind towards the person at a given point in time. So if you are bitter towards a person, your words will be bitter words, and it will have an adverse effect on the person.

People Are Products Of The Words They Heard Or Read.

They cannot go beyond the words spoken into their lives. A child who heard encouraging, loving and positive words will grow up being self-confident and successful in life. But a child who heard only negative words of condemnation will grow up being emotionally destabilized. The person's life can only be changed if he chooses to re-feed himself with positive and encouraging words.

Dr. Ben Carson, Sr., M.D. (an American neurosurgeon and the Director of Pediatric Neurosurgery at Johns Hopkins) is a typical example of effects of words on a person. Sonya Carson (Dr. Carson's mother) chose to shower her kids, Ben inclusive, with encouraging words in spite of their conditions at that time. And today her son is a product sort after greatly and a person whose story inspires others.

Words Can Either Lead A Person On The Right Or Negative Path.

Many have gone astray, are on the streets or even in the prison because some person(s) were not careful in their choice of words towards them. Whereas, there are some persons who will attribute their success in life to the positive words spoken to them earlier in life by some person(s).

Robert T. Kiyosaki (Co-author of the Rich Dad Poor Dad series) will forever attribute his great achievements to the words of his Rich Dad. Though the bulk of the words were spoken when he was much younger, they stayed with him and had

contributed to his early retirement in life, with enough investments to keep him going.

Words Are Generational.

The words spoken into the life of a person, many times are re-spoken into his next generation. This cycle continues until a person in that lineage receives contrary words from a different source. This explains why a particular family continues to succeed in life and another continues to fail.

Our words really affect others. Many have committed suicide or failed in life because they didn't hear the right words. Therefore, knowing the effects of our words, casually or seriously spoken, we need to weigh our words before we release them on any person. And as King Solomon said, "A word fitly spoken is like apples of gold in pictures of silver." How else can our words affect others?

Martin Luther King Use The Power Of Words

Dr. Martin Luther King, Jr. is famous for delivering his "I Have a Dream" speech, during a crucial time in US history in the fight for civil rights. In analyzing that speech, you can see how Dr. Martin Luther King Jr.'s command of positive words can be used by anyone can be more powerful and more effective.

Originally delivered on August 28, 1963, during the March on Washington for Jobs and Freedom, Dr. King's "I Have a Dream Speech" inspired not only the thousands who were present on the mall that day but an entire nation then and continued to inspire new generations today.

Sadly, most Americans have never seen this speech in its entirety. Many of us have seen snippets from the powerful 2-3 minute version that begins with, "I have a dream..." which actually doesn't come in until about 12:22 into the full speech. Sadly, however, most Americans have never heard Dr. King's beautiful oratorical "Now is the time" litany in which he spoke about, "Lifting our nation from the quicksands of racial injustice to the solid rock of brotherhood. NOW is the time to make justice a reality for all of God's children."

Give yourself a gift and take 17 minutes to watch one of the greatest speeches in the history of the United States of America. As you watch, you'll see how Dr. King uses the power of words that made his speech one of the greatest in US history. Here's what exciting about that for anyone: YOU can use the same exact word power and energy Dr. Martin Luther King Jr. used to inspire and motivate a nation in your speaking as well.

Repeating Popular Already-Known Shared Values and Details: During his speech, Dr. King shares the words of the Declaration of Independence of the United States of America beginning at about the 12:33 mark. One of our country's founding documents, Americans know it and are moved by its meanings and as audience members are therefore more likely to be moved by the sharing of those words in the context of the speech.

Do yourself a favor and visit YouTube and search for the 17-minute version of Dr. King's I Have a Dream speech and watch every second. It'll make you proud to be an American because of its positive and inspiring values

One final thought... Dr. King's delivery was in fact NOT perfect. He got caught up and stumbled on his words a few times throughout the speech. Nobody cared. People do not remember those few occasional mistakes... they remember the power of his message. If Dr. King was worried about being a perfect speaker, the world would never have heard any of Dr. King's inspiring speeches. You don't have to be perfect either to use the power of the word to change your life.

Nelson Mandela Harness The Power Of Word to Become Successful

Hopefully, everyone knows who Nelson Mandela is - he's the South African leader who's tireless efforts helped to get rid of his country's oppressive apartheid policies. What is less known is how he marshaled world opinion in order to support the change that he wanted. It turns out that one way he made this happen was by giving speeches that uniquely connected with his audiences by harnessing the power of words.

Nelson Mandela's Speeches

Nelson Mandela spent 27 years in prison before he was released by the South African government. When he got out, he quickly started to give speeches that all had one common message: support his African National Congress (ANC) party in their attempt to create a new government.

It was important that Mandela works his key message into every speech that he gave. No matter where in the world he was, no matter who he was speaking to, his message was always the same: lend your support to the ANC.

This meant that he really had to give the same speech over and over again. However, he couldn't just show up and say the same thing each time - he would quickly lose the interest of his audiences. He needed to find a way to deliver his message in such a way that it would appeal to his audience while at the same time allowing him to incorporate his main message: please support the ANC.

How Nelson Mandela Connected With His Audience

Nelson Mandela connected with his audiences by taking the time to customize the words that he was saying. He knew that the core of each of his speeches needed to remain the same, support the ANC, but that he could modify the rest in order to reach out to and connect with the audience that he was addressing.

When Mandela traveled to the United States, he gave a speech to a huge crowd in New York City's Harlem area. During this speech, he changed it to include statements about how his struggles in South Africa were similar to the struggles of

the Harlem residents to overcome their economic and social challenges, and he was positive about seeing changes.

Later in the same trip, Mandela addressed the U.S. Congress. During this speech, he invoked the struggles that had been incorporated into the U.S. Constitution, and he related that to what he was trying to accomplish in South Africa.

What All Of This Means For You

Nelson Mandela is an accomplished political leader who successfully overthrew the oppressive apartheid policies that were holding his country back. One of the key skills that he used to do this was his ability to deliver powerful speeches to diverse audiences.

The only thing that the audiences that Mandela talked to had in common was that they were so very different. Mandela talked in multiple countries always sharing the same message: support my effort to cast out the current government of South Africa. In each country, he would talk to different types of audiences. He would talk to common people in the street and leaders of government.

The way he was able to make his message connect with each of these audiences was by customizing his words to match what was important to them. He would use this type of tailored speech to capture the attention of his audience and then once they were connected, he would share his main message with them. We need to learn from Mandela and use his knowledge to reach people in our life and to give our life because our words have a lasting impression on them and also we can learn how to use the power of the word in carving a positive path or direction for our own lives. Mandela was determined and the word he spoke to other affected his own life by encouraging him that he could get there.

Robert Kiyosaki Change Of Words To Open The Mind

The author mentioned that the rich families had a mindset of abundance and the poor family had a mindset of scarcity.

This was best summed up in the differences between two phrases.

When his poor dad wanted something that wasn't part of the budget, he would deny himself that item, saying, "We can't afford that."

When we kids wanted a special toy or to go on a trip, his poor dad would deny them that, saying, "We can't afford that."

When my mother wanted a fancy dress, my poor dad would deny her that saying, "We can't afford that."

Conversely, when his rich friends and their families wanted something nice, they would get it—maybe not right away, but eventually.

According to what Robert Kiyosaki writes in his Rich Dad Financial Education Blog, you can easily find out the type of personality by the meaning of words people say out loud. What you are saying determines who you are and what you believe. So watch out for what comes out of your mouth because you may be identified by it. The meaning of words is able to tell others what you represent in your life as a person.

Robert Kiyosaki met his rich dad when he was a boy. The meeting has changed his life for ever. Rich dad had taught Kiyosaki things that let him understand how to be rich. Kiyosaki takes advantage of the financial knowledge he possessed thanks to his rich dad. Robert's financial education has put him on track to his business independence.

This is what rich dad said about the meaning of words:

"If I listen to a person's words, I begin to see and feel their soul."

You can read someone else's soul and feel the beating of the heart if you choose to listen to what the person is saying and analyze the meaning of words.

When it comes to the meaning of words, you must understand that being able to quickly measure up a person based on things like body language or the words they

use is just as important as understanding financial statements and economic reports.

You know, Robert Kiyosaki is famous for his Cashflow Quadrant. Have you heard of it yet? Well, I must tell you that people in each quadrant have their own specific and characteristic words they use to express their feelings. You may guess who they are just by searching for the meaning of words they say.

On the left side of Cashflow Quadrant we have E (employee) and S (self-employed), while on the right side we can find B (business), and I (investor). If you want to be financially independent, all you must do is to put yourself on the right side of this quadrant as soon as possible.

What are people from E quadrant saying?

"I'm looking for a safe, secure job with good pay and excellent benefits."

What is the meaning of words you hear here? A person's core value in this quadrant is security. And the idea of security is often more important than money.

Those in the S quadrant like to be their own boss. When it comes to money, they don't like to have their income dependent on other people. You can read from their meaning of words that if they work hard, they expect to get paid for their work.

What are the words of B quadrant people?

"I'm looking for a new president to run my company. Why do it yourself when you can hire someone to do it for you, and they can do it better?"

The meaning of words spoken in this business quadrant is simple. This type of person likes to work on their company and hire smarter people to work in it.

When you are trying to explain the meaning of words you hear from the people of I quadrant, you must admit that they don't have to work because their money is working for them. They understand how money works and they are willing to take advantage of this financial knowledge. It is going to put them on the highest level of freedom ladder.

Take The Time To Stop And Listen To Yourself.

The meaning of words you find can tell you what your resources leading you to success are.

Water Proves The Power of Words

The message from water is the name of a test performed by Masaru Emoto. Masaru Emoto had a theory that since water was the most reactive of all the elements that it would not only respond to physical tamperings such as throwing a rock into a pond of water or swimming but also none physical effects such as thoughts or blessings.

So he took a host of water bottles and did different things to them. He had one bottle of water blessed by a monk and wrote various messages on other water bottles. For some water bottles, he wrote down things like "thank you" and the "chi of love" while on other water bottles he wrote down things such as "you make me sick" and "I will kill you." Then he froze all the water.

Once frozen he began taking pictures of the water on a near molecular level. When he released the photos, it was incredible. Water molecules that had been unaffected though still beautiful didn't look at all special. While water molecules that had been frozen with blessings became amazing snow flake patterns. While also on the opposite side of the table the water that had been cursed looked well not so beautiful. It had morphed into disgusting pictures without a pattern.

Now as happens with many supposedly scientific projects that also cross into the spiritual and ethical many people blindly dismissed it or accepted it. The scientific community asked Masaru Emoto various questions, and he revealed that his steps were not very scientific and were prone to error. He also told his photographers to choose the most pleasing pictures.

Shortly afterward two tests were made. One was a blind test. One in which 2000 people focused good thoughts on water in California. While other waters in different locations were unaffected. Afterward, they were both frozen, and the molecules were taken pictures of. After that 100 judges judged both water with the treated water scoring slightly higher.

But surprisingly in extra contradiction, another blind test was made by the scientific community which had previously believed that Masaru Emoto had not been scientific enough took around 1900 of his followers and did the same test, and the treated water scored slightly lower.

From Dr. Emoto's book titled "Messages From Water." The book is full of pictures of crystalline structures of water called clusters. The clusters are the result of exposing water to music -classical music- words and prayers. When water is exposed to music, the crystals expand beautifully. It is like the water reflects its own emotion. When water is exposed to positive words such as "thank you, love and peace" the clusters are small, tight and beautiful. On the other hand, when water is exposed to negative words such as "fool, war and must," clusters are long no crystals are formed.

Water reflects human thoughts, feelings, and emotions like a mirror. Our body is composed of almost two-thirds water. This means there is more water in our body than anything else. What do you think you are doing to your body when you use negative words -thoughts, feelings, and emotions-? I guess the water content in your body is yellow and turbulent when you use negative words to yourself or others; or when you are mad, angry, upset or having any other negative feelings. I believe this is why emotional problems cause most illnesses. You are making your body sick with your negative words and thoughts.

How Self Confidence Can Be Shattered For Your Child With Negative Words

Building self-confidence is a great contribution that parents, can give their children. But sometimes parents do not realize that the words that they use can be very demoralizing.

Negative words are said and can crumble a child's self-esteem in a matter of minutes and over time can destroy a child mentally.

Think just for a moment, when was the last time you spoke to your child? Can you remember the words that you used? Were they negative or positive?

It is a challenge to think about, isn't it?

Take a look at these phrases, sound familiar?

"I do not want to see your face again, go to your room."

Children hear this and can take it as being that they are ugly, unpleasant to look at. Their self-esteem becomes very low, and they begin to have trouble with their self-image.

"Haven't you cleaned that room yet? Take a look at your brother's, why can't you be like him?"

Comparing him to other siblings will weaken confidence and they can withdraw and become depressed.

"That dress looks a bit tight, haven't you got a better one to wear?"

This sounds as though the child is a little too fat, imagine the effects this can have on a young teenager. Self-image is wiped out.

These are some negative phrases that can destroy a child psychologically and self-esteem diminishes quickly with the every word spoken.

Improve self-confidence in children by using positive words such as-

"I am so proud of you, and I am glad you're my son."

"I love the way you did your hair today."

"Thanks for all your help today, it looks great."

"Great move, you had better teach your old man that."

"I knew you could do it; I love you."

Say these words over and over in your head. How does it make you feel? Uplifted, proud and happy. Also, the most important emotion of all, is loved.

Always think about what you are going to say before it comes out of your mouth. Reflect on how you would like to be spoken to at work and by other people. You would not like to be put down in front of your peers or down graded, so think how a child would feel in the same situation.

Always praise children and tell them how pleased you are with them for just being themselves. Reminding them of all the positive things in their life.

Progressing through life is difficult in this world, and it can be very daunting. With the problems that are encountered, using positive words instead of negative words will build self-confidence in children and dealing with life's difficulties will be a lot easier.

Why Negative Words Affect You More Than You Realize

Self-Esteem is not an everyday stability you have inside you, and when you don't have it in you, you suffer the vulnerability to being naïve and easily swayed by the words of people. The power of peer pressure is more than what people take it for; it can easily force you to commit mistakes, follow vices and even lose the true essence of yourself in the event of trying to please your friends. What drives us to do these odd things not normally part of our normal ideas? It's simple: Negative words. You fear the rejection of society and would rather have it smile and praise than to keep your dignity intact and receive painful remarks, the force alone trapped in such hurtful things is that it damages who you are and that is why negative words affect you more than you realize.

Why do negative words affect you more than you realize? It's a common problem with the world; you want to be with them in the crowd. You want to feel what everyone is feeling and do what everyone is talking about but the fear of these painful words hurt your life and self more than it hurts your actual lifestyle and well-being. Why negative words affect you more than you realize is because you doubt yourself to the extremes that you think other people know you better. That is a grievous fallacy on your part of understanding as only you can know yourself, and only you know what's right and wrong to you.

Confidence plays a key part in battling negative energies given out by people towards you. Showing people that you can take constructive criticism even where it isn't meant to be found exposes your strength to stand up to their hurtful remarks and saves you from the damages they had wanted to inflict on your self-esteem. Pain is a great progenitor of many dark things in the soul like the desire to try something wrong and the need to try and out do the people with the wrongs they do. That is why negative words affect you more than you realize, you become a puppet to pure weak emotions.

If you wish to develop into a full person and not through the wrong influences, then it is best you distance yourself from those people who feed you those negative energies and try to find positive reinforcements around you and within yourself. Why negative words affect you more than you realize is because they can nudge you in the wrong direction when you've grown tired of opposing them and you have to

wade through the usual battle of proving yourself for every word they use against you. You should not fall prey to that nudge, and it can dictate who you are your whole life if you surrender, you become everyone's punching bag; you take the hits and don't hit back. You make your life miserable, and it can lead you to try even the drastic things you thought you would've ever come by. Depression is the biggest reason why negative words affect you more than you realize because depression is a killer in itself.

Why do negative words affect you more than you realize? Maybe because you care too much for what you should try to listen to. Pain is pain, and it's only meant to do one thing... Hurt you. Stop listening and start choosing your lifestyle and the friends around you, It's time to make a change and be happy for once. Feel the world working in your favor and have the time of your life, you can't let all the negative words affect you all the time. You have to feed off the positive ones and learn to ignore the painful ones because as long as you keep noticing them, you aren't ever safe. Learn to keep your ears shut, and your mind sharp and aware because there could be countless reasons to why they throw such words at you. It might be jealousy, envy, over bearing pride, etc. Whatever the case may be, you have stirred something in them, and that should make you feel happy because they try to look for negative things to say about you, but you know the truths behind all of them.

Every Life Change Begins With Your Words

Words create images in your mind, thoughts, feelings, and emotions.

We start the process of manifestation with our words. Words are the physical manifestation of thoughts. The word you think or say creates a picture in your mind. We express our thoughts, our will, our purposes, our emotions with words. We are communicators by nature, and how well we communicate our message depends entirely on the response we get from the Universe.

We use words every day of our lives. They come naturally to our mind and mouth, and sometimes we don't pay attention to them, so we are not aware of what we attract into our lives. If we just listen to what we are saying to ourselves and others, we would be taking the first step to get back on track and create the lives we deserve. Some studies say that the words we speak to ourselves generate 100% of the result we will get in our lives.

Think about and analyze the words in your vocabulary, especially the ones you say to yourself. The words by themselves are not important, but the intention you give to them is the most important thing.

The real power of words lies in the MEANING that the words have for you. The words trigger concepts, ideas, memories, situations, circumstances, actions, thoughts and feelings from the programs saved in your subconscious mind, transforming them into emotional responses.

There are not bad or good words. There are positive or negative words, depending on the meaning you give to them. There are low-energy words and high-energy words. When you hear or say a word that makes you feel good or bad, it is because that word is part of a program that you have saved in your subconscious mind and it matches with the word you hear or say and causes the emotion. Some words make you feel good and words that make you feel bad.

Ninety-five percent of the internal dialogue of a normal person is negative. If a person is having low-energy self-dialogues, what words do you think he/she will use in a regular conversation or to communicate with other people? Yes, he/she will express all of his/her frustrations through words. It is very easy to have an accurate idea about a person's life when we pay attention to his/her words. Have

you paid attention to the words you use to communicate with yourself and other people? Do they match? Are they low- or high-energy?

If you are not happy or are not getting what you want in your life, it would be great to start with changing your words. You will see improvement quickly in all the aspects of your life. Here are some things you can do:

Use five to 10 minutes of your time, TODAY! On a piece of paper, write a list. On the left side, write all the low-energy words/sentences you use every day. On the right side, write all the high-energy words/sentences that can replace the low-energy ones. Something like this:

- Low-energy words / High-energy words
- Problem / Solution
- It is difficult / It takes some effort
- I feel bad / I feel a little unbalanced
- I cannot do it! / I'll do my best!
- Don't worry! / Everything is fine!
- It's impossible! / It will take more time!

Write the high-energy words/sentences more than twenty times to memorize them, and use them every time you "need" to use the low-energy words. You can practice one or two new words/sentences every day. When you see or hear other conversations (radio, television, Internet) catch the low-energy words and replace them in your mind. Remember that low-energy words are the ones which go against your desires or make you feel bad (not good). If you say bad or negative words to another person when you are mad -maybe you think they make you feel good at that moment- do you think that these words will help you to grow or be a better person?

Include more high-energy words in your vocabulary. Words such as believe, love, powerful, happy, great, thanks, hello, good morning, smile, feel good, how can I help you? Nice, wonderful, pretty, awesome, appreciation, lovely and any words that make you feel good. Practice using two to three high-energy words and phrases every day.

Words are a very important part in our lives. Words are easier than thoughts to manipulate, and words create different kinds of thoughts, feelings, and emotions.

Emotions are the true connection with the Universe and the ones which decide what you have in your life. Why are you waiting to change your words?

Here are a few positive words to use in your daily life:

- I am healthy and happy
- Wealth is pouring into my life
- I am sailing on the river of wealth
- My body is healthy and functioning in a very good way
- I have a lot of energy
- I can do this!
- I study and comprehend fast
- My mind is calm
- I am calm and relaxed in every situation
- My thoughts are under my control
- I radiate love and happiness
- Love surrounds me
- I have the perfect job for me
- I have a wonderful and satisfying job
- I can overcome these challenges
- I am successful in whatever I do
- There's no stopping me!
- I am blessed and talented
- I am beautiful and intelligent
- I can be the best that I can be

These are only a few examples of positive words. These affirmations/words give you the power to state what you want in your life then give you a clear mental and emotional feel of those desires regardless of present circumstances. By being convinced of these positive words, you attract positive things in your life and repel bad and depressing thoughts. Remember that your subconscious mind accepts as true what you keep saying and will eventually attract similar events to your life. If negative statements fill your mind, then you will definitely not be able to do anything and eventually fail. Positive words can lend you a hand in transforming your life. So go on, think positive as if your life depends upon it! Because it really does!

Change Your Words, Change Your Life!

Social skills are very important. They allow us to have relationships with one another. The ability to express ourselves is a direct reflection on how well developed our social skills are. Our words are powerful; they can do one of two things - tear us down or build us up. The success of a person's external relationships is a good measuring tool for determining whether or not their skills are up to par. It is these skills or the lack there of that we face daily while dealing with coworkers, friends, and family.

When people are in leadership positions, they must remember all eyes are upon them. Therefore, they must always be cognizant that their actions are being monitored. So when they speak, they have the ability to inspire and encourage; this is better known as motivation. Our words are full of energy and how they are used can cause great despair if used in a wrong manner. Emotions are wonderful, but when they get stepped on, they can be hard to repair.

Once a person has spoken, regardless of the message, the words can not be retracted without having left an affect. Sometimes it is not the words, but how the words are communicated, that leaves the sting. The recovery period from a negative statement can take a long time to overcome. Even though it is sometimes difficult to discipline our minds, mouths and our attitudes, we must find a way to be gentler with people's emotions. When we are not able to control our mouths and attitudes, we hurt and destroy people.

However, when people go through life spewing this type of negativity, they are really just crying out for help. They are hurting and don't know how to become healed, so they try to have others feeling as they are. We all experience troubled times, but that doesn't mean we have to wear them on our sleeve and make others sad because we are. We have to recognize that we are being tested and rise to the occasion or perhaps seek help from that very person we are trying to tear down. Know the power of words, so that we may use them well.

Positive Self Talk to Reinvent Yourself

We are constantly talking to ourselves each day of our lives. This internal voice is ever speaking to us about ourselves, our friends, neighbors, things and the world as a whole. Positive self-talk has to be practiced to impact the quality of your life. Every word that we conceptualize within ourselves and utter can be a reflection of our characters. Listening to the inner voice also referred to as intuition leads to a wise choice.

It is important to understand that positive self-talk directly influences habits, mood, self-esteem, attitude, relations and other facets of individuality. It is a mechanism that works on the repetitive principle where positive information bits are imprinted into the brain to generate positive thoughts.

Optimism and motivation are products of a healthy positive state of mind. These are cultivated by the constant feeding of the self with words of possibility, an enabling environment and lots of motivating words. These work to castigate any negativity that arises from the fear of facing challenges. What we want to manifest with positive self-talk is a belief in our own capabilities, and to develop the strength to accomplish anything we set our minds to.

In the scenario of confusion and a life that has no direction, a serious evaluation of perspectives needs to take place. You need to incorporate positive self-talk to do away with negativity. Strong and negative words should not be used to break all doubts and uncertainty. The positive words used sub consciously turn around a frustrating situation into a moment of real fulfillment.

People practicing positive self-talk interpret problems differently from negative people. Their differences lie in their interpretation of life problems; positive people distance themselves from adversities and personalize success whereas negative people personalize adversity and distance themselves from success. It determines if self-actualization is achieved and the strongest candidates are the positive people.

Interestingly, any helpful changes in your life come from the belief in all communication to yourself. Your intuition will be able to affirm that you are succeeding in becoming whom you want to be. Posters and other writings can be

placed in places frequented regularly to help develop the belief and remove all doubt from the consistent and repeated bombardment with positive messages.

Instructions are given to transmit positive self-talk and realize the change in attitude. These include but not limited to employing the pronoun "I" in all self-talk. Ensure that self-talk remains crisp and potent, and it must be conducted in the present. Be as authentic and reasonable with yourself as possible. Self-talk is to be repeated and can assist in forming habits that make a conversion into a positive state of mind.

How to Use Positive Affirmations

Positive Affirmations, how do they work? What changes can I expect?

Affirmations are one of the tools you can use to radically change your life. There is nothing new age, mystic, trendy or fashionable about them. Affirmation is part of an ancient 'Secret,' re-discovered and brought back to the limelight by TV. Film and press, transforming with it several people into very wealthy gurus.

Affirmations have been around since man found the use of language and there is no secret ritual to use them.

You can basically have anything you want! This tool, if used correctly, will help you change, grow, and heal yourself.

This will introduce you to the basics of positive affirmation and positive thinking. Later on, you may want to surf the web and find out more about this fascinating subject.

When you start the affirmations, give yourself at least a thirty day tryout period. Depending on the seriousness of the problem you may need more time and more affirmations to achieve your goals. Talk to your family and friends about your resolution to change and ask them for their support. If it is a radical change, you are envisioning a life-coach will be very useful suggesting the best approach to use and to keep you motivated. This is a big step. Opening up to relatives and friends show your commitment to change and solidify your intentions.

Don't get discouraged, impatient or put off if nothing happens in a week or two. Just remember that you didn't become this way overnight.

Affirmations can and will transform your life patterns and perception.

Affirmations support your positive thinking, and together they form a potent and effective tool. They function as 'key words' of positive messages 'dictated' directly to the self. You consciously connect and direct your positive thinking to areas of your life that you want to change or heal. It works as a reminder to the self, keeping positive messages at the forefront of consciousness.

The benefits of affirmations are medically well established and really work.

On the other hand, negative thoughts are just as powerful. So be aware of your negative thoughts as they are in essence self-destructive 'key words:' psychological mechanisms that make your life rotten.

First, let's check how aware you are of your thoughts.

Do you regularly have more positive or more negative thoughts running through your mind?

Only you can honestly answer that. So get ready.

If your subconscious is throwing out lots of negative thoughts, then you must do some 'brain-cleaning' before moving into the desired new positive affirmation mode.

This may be very familiar to you, as your mind swirls with thoughts like: "I don't like this, I like that, I feel great, I hate him/her, I am afraid of, I don't want them to see me like this, I am not sure about that, I feel rotten".

Your mind incessantly interprets your experiences as an internal dialogue. These thoughts are generated on a deep level by your beliefs which were formed and accumulated from the time you were born.

We can't control most exterior events of our lives, but we do control how we interpret and react to them.

We Create Our Own Reality.

When we change our interpretation, a change takes place in our reality.

So become aware of your thoughts. If you change your thinking, big changes will happen in your life.

Take a minute to think about why you are reacting to something or someone.

Get in touch with yourself. Accept the fact that these thoughts may have helped you in the past, but they are out of place now that you have chosen to accept only positive thoughts and positive living.

While doing the new affirmations, your mind will let go of the negative messages even if you are not aware of it.

Watch out also for resistance within yourself. With certain affirmations you may question, "What in the heck" - "are you kidding?"

It is ok, and it is an old habit that is about to be changed. You grew up and had these thoughts for almost all of your life. Now it is time to form a new habit, and you need lots of practice.

What would you like your life to be?

Think about it and write it down.

Fulfillment with your job, a happy family, better health, financial security?

Don't hold back, go for it.

For the beginners, the easiest way is to choose and write down two or three things you want to be changed.

For example, if you feel unloved and financially strapped, one of your affirmations could be: " I am now ready to receive more love and wealth" and you may add "from the vast supply of the universe."

If you also wrote down 'low self-esteem' the affirmation could be: "I am an awesome man/woman, and I feel good about myself."

Be creative, upfront and fearless. You are making a statement to yourself of your intentions.

Here are a few simple guidelines:

Present tense. Start all your affirmations in the present tense and have them already accomplished. You are telling your conscious mind that the affirmative action is taking place NOW and it is final. I AM HAPPY; I CHOOSE JOY, I HAVE CONFIDENCE. It is stronger and much more powerful than, I will be happy, or I am becoming happy, and so on.

How to phrase your affirmations. You can copy from an extensive list you'll find on the Internet, use the examples below or simply write it down in your own words. Do it as plainly or as poetically as you speak. " I am energetic and full of enthusiasm. I am safe; I am a prosperous man/woman. I attract positive people; I release my anger." Make copies of it and leave it around the house, car and your office desk. The more you are reminded of the positive affirmations, the more your mind will

accept the new concept you are bringing forth. You will create a new positive reality, and the universal energy will do the rest to connect this good energy to other positive energies.

Positive means Positive. Your subconscious usually focuses on the verb and relates it to past experiences. If you have fears, phobias or whatever, be careful with your choice of words. If you are afraid and say I am not SCARED, it will register I AM SCARED. The NOT was assimilated and ignored by your mind. Say instead I AM COURAGEOUS or I AM FEARLESS. Don't use affirmations that have a negative attachment. You can comfortably use I ACCEPT; I CHOOSE, I DESERVE, I AM. I developed one affirmation to counteract the negative thought that eventually peeks through, so I suggest you add it to the batch, "I ACCEPT ONLY THE GOOD AND THE POSITIVE."

Starting as you wake up, say the affirmations out loud or in your head five times. Repeat the same process three to four more times during the day, the last one just before going to bed.

I suggest you end the affirmation session with a thank you note. Gratitude will reinforce and validate the affirmations. Thank God, Jesus, a Spirit, the Force, the Universe or whatever you believe and feel comfortable with.

Visualize your affirmations with feelings and emotion. See yourself exactly as you are stating. It will add an extra psychological dimension and have a much deeper impact on your mind. Using this method of visualization early in the morning and at night will make your affirmations much more successful.

You can use affirmations to help build self-confidence, self-esteem, self-improvement and personal growth. It can also help conquer your fears and anger management. Affirmations have been successfully used to relieve anxiety and depression and are an excellent tool for weight control.

If you check the web under Positive Affirmations, you'll find a multitude of books and affirmations to help you.

Here are a few examples of affirmations by topics:

Love

- "I am ready to love and to be loved."

- "I am surrounded by love."
- "I love and accept myself exactly as I am."
- "The love I give out returns to me multiplied."
- "I am a loving, beautiful, creative person and this is reflected in my relationships with others."
- "I am now ready to receive more love, support, and wealth from the vast supply of the universe."
- "I see the beauty in my surroundings and I radiate joy and love."

Wealth

- "I deserve all that is good and prosperous in my life."
- "Money flows to me from expected and unexpected sources."
- "I deserve to collect all the wealth and the rich rewards of my success."
- "My income is constantly increasing."
- "I am well; I prosper, I am successful, and I am free."
- "Abundance, like a river flows in my life."
- "I allow all the immense wealth and goodness of the universe to flow into myself easily."

Self-esteem - personal

- "I now have the power to bring about all the positive changes in my life I desire."
- "I am protected, guided, and connected with the highest good at all times."
- "My personality is radiant with success, beauty, and happiness."
- "I am an awesome man/woman, and I feel good about myself."
- "I am at peace with my choices and what life throws in my path."
- "I recognize and honor my talents, abilities, and skills."
- "I choose to live my life the way that makes me happy."
- "I am positively changing my life now, for the better in every possible way."

Check Out Other Amazing Resources

Resources for Healthy Relationship

The Relationship Inner Game – Complete this short evaluation to get customized dating or relationship advice for your unique situation.

<http://www.PositivtyToSuccess.com/RelationshipInnerGame>

Resources for Healthy Body

Drink THIS First Thing in the Morning – This is a simple daily trick that actually helps to detoxify and improve your digestion system. It will boost your daily energy level significantly!

<http://www.PositivtyToSuccess.com/SpecialDrink>

Sitting is the New Smoking - Do you sit WAY too much? I Do...and it's a problem! Supposedly even doing an intense workout each day, won't undo the negative long-term health problems caused by sitting most of the day.

<http://www.PositivtyToSuccess.com/LongSitting>

Resources for Wealth, Abundance and Prosperity

Quantum Success Secrets – The 'Voice' of our Subconscious Mind, and it can make or break our chances of success. Watch this astonishing life-changing video now and use this link to get a 10-day trial to the full Quantum Success Secrets System for the price of \$1:

<http://www.PositivtyToSuccess.com/QuantumSuccess>