

Objective: to improve well-being through positive, empowering, rational Self-Talk

The words we use have a big impact on how we think (particularly in the left side of our brain). Words influence thoughts, thoughts influence behaviors, and behaviors influence our outcomes. Negative/Extreme/Irrational words & phrases cause us a great amount of stress, slow us down, and keep us trapped in the jail of our own mind. This list of common phrases and words will help you improve your words to ultimately improve your outcomes.

Exercise: Fill in how often you use these common phrases on the right side of the table.

Common Phrase	Better Word Choices	Rarely/Sometimes/Often
I Should, Have to, Need to, Ought to, Must (demanding/stressful words)	I Will, Want to, Choose to, Going to	
I'll Try/I'm Trying (cop out/excuse; fear of failure)	I Will, I'm Going to/for	
Lucky/Luckily, Fortunate/Fortunately (distracts us from gratitude)	Blessed/Thankfully	
I already know this... (excuse to blow off info)	How well do I apply this?	
Worry/Worried (we're not worried about anything, we want to focus on things)	Focus/Focused	
Always, Never, Everyone, No one, (extreme language is rarely rational)	Usually, Rarely, Often, Sometimes, Most people, Few people	
"Awfulizing" - terrible, awful, horrible, stinks, sucked (things aren't 100% bad)	Inconvenient, frustrating, undesirable, inconvenient, annoying, aggravating,	
Perfect/Perfection (irrational outside of faith)	Master/mastery	
Negative Commands ie. Don't Run, don't fall down (your unconscious hears subjects 1st)	Positive Commands ie. Walk, stand firm	
Why Questions (Why me, why does this keep happening- stuck on problem)	How Questions (How can I improve, How can I change this)	
React(ing) [negative, like on medicine]	Respond(ing)	
I don't have enough time (it's not important enough for you)	I'll make time	
Can/could (technicality cop out)	Will/would	
Problem	Challenge	

Go through everything & circle your 3 biggest areas to improve & review with coach

Bible Quote: Mt 15:17-1