



THE IMPORTANCE OF LANGUAGE

REFRAMING- PART 2

In order to create a powerful life, you must first be aware of how the language you use effects your daily actions and, ultimately, your results.

THOUGHTS—become—>THINGS
THOUGHTS + WORDS—become—>THINGS (on steroids)
THOUGHTS + WORDS + ACTIONS—become—>MANIFESTING MAGIC

Knowing this, the question becomes: are you creating consciously, or unconsciously with your language? With possibility or no possibility? Most people create unconsciously; and therefore tend to produce results that are not in alignment with their highest good. Or worse, some people create completely from the negative: first having a negative thought, then putting negative words behind it, which leads to negative actions, and therefore, negative results.

To fully step into your power as a human being, you must be willing to take FULL responsibility for your life through your language. We can't always control our circumstances, BUT we can control how we choose to respond to them.

Your Step of Greatness: Today, watch your thoughts and your words...you're going to begin a new way of being in the world, operating from a place of responsibility with your language. Your job is not to be perfect, but to observe and shift when you notice yourself out of alignment.

Read the examples on the next page to get an idea of how to reframe your thoughts and words. Once you reframe the thought, take the necessary action from a place of responsibility.

Example: THOUGHTS

INITIAL THOUGHT	REFRAMED
I never have any time.	I haven't created enough time for X,Y,Z.
Why does this always happen to me?	What did I do to create this?
What an jerk!/What's wrong with THEM/IT/ME?	Who can I BE to make a positive difference in this situation?

Example: WORDS

INITIAL WORDS	REFRAMED
I'll try.	I will or I won't.
I hope/wish/want	I'm committed to...
I should/would/could	I will or I won't because I choose to.