

How Our Thoughts Shape Our Words – And Why It Matters

1. Introduction: The Power of Words

Let's start with a real-world shift:

- "I can't wait for the webinar."

→ vs.

- "I'm so excited for the webinar!"

Both express anticipation, but the second invites greater positivity and energy.

2. Why Choosing Better Words Counts

- Brain chemistry: Negative phrasing like "can't wait" subtly primes stress pathways, whereas "I'm excited" activates reward and pleasure responses.
- Self-fulfilling mindset: Cognitive reframing—replacing neutral or negative phrases with positive ones—reshapes our internal lens and mood.
- Ripple effect: Positive speech uplifts listeners, boosts connection, and enhances team morale.

3. A Glimpse at the Science

- Cognitive Reframing: A psychology-backed method developed from Aaron Beck's cognitive therapy. It empowers people to replace negative thoughts with more adaptive ones actively.
- Stanford's Mind & Body Lab: Dr. Alia Crum's research shows that reframing perceptions—like viewing chores as exercise—can lead to real well-being and performance improvements.
- Three Principles Psychology: Highlights that our entire emotional experience is shaped by thought, awareness of which empowers us to choose healthier inner narratives.

4. Practical Takeaway Tips

✂ Catch and swap: Notice phrases like "I can't wait" and swap them for "I'm excited" (or better!).

💡 Reframe regularly: Practice turning "I have to" into "I get to" to foster gratitude and agency.

📝 Reflect daily: Keep a journal log of negative thoughts and actively reframe them.

5. Quick Science Snapshot

Thoughts trigger neural patterns → that influence emotions and words → which loop back, reinforcing beliefs. This cycle offers a strategic point for change—alter thoughts, and you reshape your mindset and spoken expression.

6. Watch This (~30 seconds)

A brief video showing how thoughts directly influence our words and tone:

“Do THIS to Reprogram Your Mind for More Positive Thinking” (under 30 sec):

<https://www.youtube.com/watch?v=Of8ddNuRAtE>

7. Call to Action

Download the full PDF, share it with your network, and challenge yourself:

Next time you catch yourself saying “I can’t wait,” stop. Then say:

“I’m really looking forward to it!”

Small language tweaks can spark big shifts in how we think—and how we speak.