

Powerless & Powerful Language

What is your self-talk conversation like? What percentage (out of 100) of powerless self-talk would you use in a day? Do the same to acknowledge your powerful self-talk.

Copy this chart and post it somewhere you can look at it daily to incorporate more powerful language into your vocabulary.

POWERLESS WORDS moving toward POWERFUL WORDS

I can't

I should have

It's not my fault

It's a problem

I'm never satisfied

Work is a struggle

I hope

If only I/ Next time

I don't know what to do

It's not my job

And, in addition, perhaps,

I HAVE TO

I won't because

I could have

I'm responsible

It's an opportunity

I am

Work is an adventure

I know or

I will choose to, or I never

I'll find out who to ask

I'll do it but...

I CHOOSE TO

Additional **powerful words** specific to our work include:

1. _____ 2. _____ 3. _____

Resource: *Compendium12* by Olivia McIvor