Exercise: Change your Words to Change your life

Do this for 2 hours. Choose a day when you can be entirely conscious and aware of every single word that comes out of your mouth (and the thought that comes immediately prior to speaking the word) for 2 hours non-stop.

Take a piece of paper. Draw 2 vertical lines to separate it in thirds

The left side is positive. The middle is neutral. The right side is negative.

For every word/phrase/sentence comes out of your mouth, **STOP**.

Put a check in the column that represents the **emotion of the thought** behind the word and the way your words made you feel. Positive, neutral or negative.

Underneath the check, put the phrase/word/sentence that caused the positive, negative, or neutral (non) emotion.

For most people, most of your checks will be in Neutral or negative.

Take every word or phrase that felt negative and rephrase it to positive, or at the very least neutral. Take the neutral words and phrases and rephrase them to positive, if you can. Phrases like, "I put the glass on the counter" you can't do a whole heck of a lot with, but make a check in the neutral column anyway.

This puts you totally in the present and makes you conscious of your every utterance and its prevailing emotion attached.

For each negative statement, after you have checked the column and written the word/phrase - STOP. If you have made a negative statement, do not continue with anything except this:

Say the word or phrase over in the positive and really **feel** the positivity flowing into you from that word or phrase.

Take your left index finger and press it down on your left thumb whilst saying the positive, replacement word or phrase again and **amplify the positive emotion and feeling of the phrase times 5** (as you press your index finger on you thumb).

Now press even firmer on your left thumb with your left index finger. Say the positive word or phrase, smile, and amplify the positive emotion 10 x. **Really feel it - imagine a wave of positivity flowing through you as you speak your words.**

Do this every time you turn negative into a positive throughout these 2 hours

Good! Now you have just formed a positive anchor to words.

Every day and several times through out the day, particularly when I know I am going to be in a situation where I may speak with negative individuals, or be in less than ideally positive surroundings, I trigger the **Positive Thoughts and Words Anchor** by firmly pressing my index finger to my thumb.

But what if I say negative things that make me feel good?

"Karen is a bitch. She deserved to get her phone stolen."

Rephrase that and use your name instead of Karen. Does it make you feel good now? No. So don't say it. Everything is connected. To talk shit about anyone is to talk shit about yourself. Yes, we are that connected.

Change your words to change your life.