

The Power of Our Words



Have you ever taken notice of how words affect the quality of your life? I recently read a book that encouraged the reader to use positive, affirming words for powerful results. Throughout the book, I kept reflecting on other topics of note that also call for positive, affirming words for powerful results. There are countless books on creating wealth, success, happiness, love, health and faith, the best of which refer to the power of our words. Most of us want the results these books promise, yet do we give that much thought to our words on a daily basis or do we use them more habitually, conveniently, like breathing in oxygen, not considering their true life-giving value?

Since the essence of *Discover The Edge* is to help people, *inspire* people, to maximize their full potential and become the best person they can be, I thought the very best way to launch our newsletter was with the topic "The Power of Our Words". Words can heal a broken relationship, build a new relationship, lift our spirits and self-confidence, they can change our physiology, our attitude, our health (indeed they can), they are the secret to effectively selling... The list goes on and on. Speaking of sales, the biggest sale is the one you make to yourself! Some of you are thinking, I don't speak words to myself! You would be the only person in history who didn't! Everyone talks to themselves, all day long, although most often our words are in the form of thoughts. What are you saying? Is it affirming, encouraging, supportive, productive, or debilitating and depreciating? Ever caught yourself saying to yourself, "What the heck are you doing, stupid?; I'm too fat, too tall, too short, not attractive enough; I can't do that; Nobody will believe me; I can't afford it; He/She won't like me; I'm not good enough, smart enough; So-and-so is so much better than me; Duh!" If you had a friend talk to you like that, how many of you would change friends??

Here is an interesting exercise. Become conscious of the words you say to yourself. Make it a goal to go for 30 days without saying a negative word or thinking a negative thought about yourself. If you mess up, start the 30-day cycle again at Day One. 30 consecutive days. Replace those negative words with positive, affirming, empowering words.

I'll start it off for you. If you are receiving this newsletter, the first issue, I've met you at least once. I think you're special. You are important to me. You were born with greatness within. Your gift to the world is allowing others to benefit when you share your gifts and talents. Share them with us. Be the real you...that amazing, wonderful, talented, loving person inside dreaming to get out.

Words are powerful. Use them wisely.

Be Awesome!

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