



# The Power of Self Suggestion

## WORDS



The words we use have the ability to empower or disempower us. Communication isn't just about two or more people. Throughout our lives the person we talk to the most is ourself. When we address how we talk with ourself that's when we make life changes.

## IT'S TIME!



It's time to start to pay attention to the words you use. Are they empowering or disempowering? How can you rephrase what you are saying so it is encouraging or more positive?

It has been said in ancient texts that, "The power of life and death lies in the tongue" Words are that powerful!



## THE WORK ZONE

In every walk of life, either personal or professional, self-suggestion can strengthen your mental foundation. We do it naturally all the time. BUT are you giving yourself negative or positive suggestions? "I'm hopeless [at this]" is a suggestion that will end up having you be "hopeless" at many things. "I can't do this, YET" is a much better suggestion..

"I can't" has no movement and keeps you stuck but if you add the little 3 letter word YET to the end, it instills possibility. Take notice of the images that your words create in your mind and choose words that create images you WANT. Focus on what you WANT and say it how you WANT it.



## COMMUNICATION

Words gauge our experience - that's why they are called lan-guage (language). In any "shitty" situation there is something positive we can take from it - look for the positive learning or lesson for you or as Dewitt Jones says "Put on the lens of celebration" to reframe obstacles into opportunity and use those words to describe the event or situation. Practice this regularly and watch your life change.



## WANT TO KNOW MORE?

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