

THE POWER OF WORDS

WEEK 1 - DAY 5

THE POWER OF WORDS

SPEAK TO YOURSELF IN THE SAME WAY YOU WOULD SPEAK TO SOMEONE YOU LOVED.

The words we speak to ourselves have the potential to become our reality.

Negative self-talk can manifest into limiting beliefs. Limiting beliefs are those things we believe about ourselves that potentially hold us back from living our best life.

We are going to revisit the 5-day challenge exercise.

- When you catch yourself in a negative thought or speaking negatively write it down and then reframe those words into the positive language.

What are the words you speak to yourself regularly? Are they positive or negative?

What things do you believe to be true that hold you back?

CONSCIOUS AWARENESS OF LANGUAGE

Our unconscious mind does not process negatives.

So, we say it the way you want it...

If you say to your child "Don't climb the tree, if you climb the tree you will fall.

Reframe: Be careful while you are climbing the tree.

**RAISE
YOUR
VIBE**

90 DAY RESET
M **MINDSET**
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