

LIFE EMPOWERED



Module 1, Lesson 1: Implementation Guide

TRANSFORMING THE LANGUAGE OF LACK

We've got 12 examples of the most common types of Language of Lack. Practice taking ownership and control over your own language by rewriting each sentence in a more empowering form. Refer back to the video session and use extra paper if needed.

There's no wrong way to do this! The objective of the exercise is to help you **notice when the Language of Lack is creeping in**, and to get you practicing **communicating intentionally and in a way that serves you**.

1. STACKING



I had the worst day, I got stuck in traffic going to work, my client never showed up, I forgot to pay my cell phone bill, i got in an argument with my kids, and i never made it to the grocery store!



I'm so over my coworker. Last week she was 15 minutes late to our meeting, she called out sick today, and she's going for the promotion that I want!



When it rains, it pours!



This is a sneaky one, because it **IMPLIES** stacking, and has a similar mental and emotional impact as explicit stacking!

Reflection Prompt: When did Stacking last sneak into your language?



LIFE EMPOWERED

Module 1, Lesson 1: Implementation Guide

TRANSFORMING THE LANGUAGE OF LACK

2. SCARCITY

- ✦ There's just never enough money at the end of the month.
- ✦ Well, yeah, of course Beyoncé looks amazing. I'd look amazing too if I could afford a personal trainer and a private chef and plastic surgery!
- ✦ I need a boatload of money and an MBA to start a business, I don't have either of those!

Reflection Prompt: How does Scarcity show up in your thoughts?

3. ABSOLUTES

- ✦ Murphy's Law: if anything can go wrong, it will.
- ✦ I always leave everything to the last minute, and I always end up making some kind of mistake as a result.
- ✦ I never pay my bills on time.

Reflection Prompt: When was the most recent time you spoke in Absolutes?



LIFE EMPOWERED

Module 1, Lesson 1: Implementation Guide

TRANSFORMING THE LANGUAGE OF LACK

4. JUDGMENTS

- ★ They're all basically criminals, they're only thinking about how they can cheat the system.
- ★ Everybody's just trying to take advantage of you.
- ★ Life is hard, it's a constant struggle.

Reflection Prompt: What would change if you released some of your own judgments?

REMEMBER!

Stacking, Scarcity, Absolutes, and Judgments show up EVERYWHERE! Practice detecting them when they sneak into your thoughts and conversations, and notice how they make you feel when you think or say them.

When you catch them, practice transforming them into more empowering statements instead! It can be helpful to keep a page in a notebook or journal to reflect on this skill each day.

Remember, be patient with yourself, this is a tricky habit to replace and will take time! See you in the next lesson!

Cheers to your progress!

Rebyn

