



HOW LANGUAGE RULES YOUR MIND

A 60-minute Webinar

1. Remember that there are two kinds of language that affect your mind:

_____ and _____.

2. Let's look at the external: the _____ you say.

3. Keep in mind that the words you say also include non-verbal actions such as

_____.

4. Let's look at some examples of statements that can rule your mind:

- That figures.
- Realllllly?
- Why does this always happen to me?
- I couldn't resist.
- There's no way I could do that.
- Can you believe he/she said that?
- I'm a procrastinator, but I work better that way.
- I can't do that at my age. (I'm too old to... or I'm too young to...)
- I'm a failure.
- I'm not.....enough. (fill in the blank: smart, pretty, handsome, tall, short, good, etc.)
- There's no use.
- I have to...
- My opinion doesn't matter.
- Don't be an idiot (saying this to yourself, even jokingly).
- If only...
- Things could always be worse.
- It's all my fault.
- I never should have...
- They must think I'm...
- Great, now my whole day is ruined.
- I knew that would happen.
- He/she did that on purpose.
- They don't appreciate anything I do.
- I'm such a loser.
- I have such bad luck.
- Life isn't fair.

5. Understand that the more you _____ it, the more you _____ it.

6. What kinds of **feelings** do the previous statements (and many others like them) create within us?

7. What kinds of **actions** (non-verbal language) can create the same feelings?

8. What kinds of **issues** might these feelings create?

9. What does the saying, "There's heavy traffic on the freeway of your mind" say to you?

WHAT CAN WE DO TO CONTROL OUR LANGUAGE – EXTERNAL AND INTERNAL?

1. Don't sacrifice _____ for _____.

2. Consider that positive self-talk is a _____ of _____.

3. Value your own version of _____.

4. Limit your _____.

5. _____ closely.

6. Create a _____.

7. Learn to _____ your negative self-talk. Then find a mantra or visual that works for you:

- This isn't _____.
- How's that _____??
- Talk to the _____!
- Not _____!

8. Whatever the situation is that caused the negative self-talk, look at it _____.

9. Practice _____.

10. Peel the _____.

11. _____ the thought, don't try to _____ it.

12. Discover ways to be _____ :

- rest
- eat well
- exercise
- treat yourself

13. Know that you are _____.

What are some specific instances of external OR internal language ruling **your** mind?

How might **you** overcome those specific "external/internal language issues"?

Of the areas we've discussed, where do I need to be particularly attentive so that I use my language to positively influence my mind? List at least 1 area you would like to focus on.

Specifically, what will I do to make changes? _____

What positive results can I expect to see when I make these changes? _____

Who will I ask to hold me accountable? _____

How? _____
