

The Power of Words

Week 5- Day 3

We are focusing our efforts this week on being more mindful about the power our words carry. We have been in situations where words have torn us down, but also in situations where words have uplifted us. Today, we will concentrate on looking back at a time when someone else's words had a negative impact on us. We are not doing anything more, than rewriting that moment with positive words. This may take some time to do and you may need a dictionary or a thesaurus. Take the time that you need.

Activity for the Mind

Using the description from a time when someone hurt you from Day 2 put a square around the negative/hurtful words. Then write the words in the left column. Next, in the right column write a positive word that could replace the negative word.

Negative/Hurtful Word

Positive Word

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, rewrite the time when someone hurt you with their words, replacing the negative or hurtful words with the positive words instead.

Say aloud the new positive statement. Say it at least 7 times, over and over again, until you believe it.

Then take in a deep breath.

Smile.

Take in another deep breath.

And, know that you are deeply loved.

Go into life carrying these new positive words in your heart.