

LANGUAGE REFRAME

WHAT CAN YOU SAY INSTEAD

What you currently say...	What if I said...
This is too hard	This could take a little longer than I thought but I will learn from it
I can't do this	I am going to train myself
I f\$#cked up	I made a mistake that I will learn from and not do again
I have no discipline	I haven't found my purpose yet, but once I do...
People are so difficult to deal with	We are all different and I appreciate that in others. It's good to get it from some else's perspective
What if I get judged for this	By moving forward I am proud of what I am doing for myself

NOTICE HOW YOU FEEL WHEN YOU REPHRASE YOUR LANGUAGE
INTO THE POSITIVE

STEPHEN HILL - THE HAPPY COACH