

Words to Live By

I've found you can pretty much tell what makes a person tick by the words he or she uses.

Do your friends speak of "opportunity," or "difficulty?"
Do they speak of "challenges" or "problems?"
Do they talk about "hope" and "joy" or "pain" and "politics?"
Do they speak of "beauty" around them? Do they search for "growth" or "escape?"
Do they talk of "service" or "personal gratification?"
Do they speak of the future, or are they mired in the past?
Do they work hard to grow, or are they work at keeping out of sight?
Do they watch out for others, or do they just keep their eye on number one?

Or perhaps it's you who pick the negative words (or even me!).

It seems odd to say it, but we can easily transmit our viewpoints and feelings by the selection of the words we use. What's more, one of the fastest ways to change our mindset is to start using other words. As an example, you can describe yourself as "pigheaded" or "determined." You can speak of someone as being "nagging" or "caring." You can speak of yourself as "never satisfied," or you can be "excellence driven." The words we use, and the way we use them, can affect our personal self-views just as much as they can affect the way others see us.

Here is one of the great secrets to positive living: choose words and phrases that have a positive connotation to them, and use those words instead of their more negative counterparts. Use the positive words when speaking of other people, and also yourself.

Just think: A person can be "bull-headed" or they can be "persistent." The meaning is the same -- only the description changes -- but along with that change of words comes a change of attitude. One word is more negative, the other more positive.

You really wouldn't think this would make that much of a difference -- and yet it does, particularly when used with teams, co-workers, and especially family.

A word, once spoken, is something that cannot be recalled. We'd all be better off to use the more positive words, right from the start.

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