Six Month Jump Audio Session #1 Worksheet
Little Words Make A Big Difference

There are words that _____ the chances of you feeling and therefore being successful. And there are words that will work _____ you too.

That's the basis for the _____ _____ _____.

Successful people utilize that lingo, especially on _____, every chance they get.

A Lingo of Success improves the both _____ and _____ communications. Scientists report that internal communications out number externals by at least _____.

So, now that you really want to start harnessing the power that a Lingo of Success can have in your life, then you need to make two promises. Right here, right now. Sorry, no magic wand is going to get us there. This stuff only works when we do.

> **Official Promise**
> **I promise for the next 21 days, I will make a conscious effort, to use only words that empower myself and others.**

What's the other promise? To be _____. _____ words quickly damage or destroy what you're working to accomplish.

A personal Lingo of Success has everything to do with _____.
_____ and _____ certainly play their part, but attitude is the
_____ _____factor in achieving success.

Think about this. What do sailing across the Atlantic, man powered flight, and the 4 minute mile have in common? They are all things that were considered impossible - until someone did them. Now they happen every day and nobody thinks twice about it. The attitude of impossibility gave way, and was replaced by one of "of course I can do that."

We all have _____ _____that we carry around?

A well timed "_____ _____" goes a long way towards fostering an "Oh yes I can" attitude. Suddenly tasks or dreams that once felt out of reach, are now accomplishments we can
_____ and _____upon.

In one of the Star Wars movies Yoda gave young Luke Skywalker grief over the word _____.
Trying is not _____. It's actually a half-hearted exercise in embracing your doubts.

The "_____" of participating in a lingo of success is simply because you want better results than you're getting right now.

How To Keep Your 21 Day Promise

Suggestion for a three phase how-to approach.

#1. _____ the words you use.
Use "get to" for "have to." One conveys reward, the other punishment.
Use "enjoy" for "wish." Wish indicates it's outside of your control. Enjoy suggests accomplishment.
Use "enhance in place of change". One celebrates, one is too much work.

My Words to UPGRADE: _____
_____
_____
_____

#2. _____ by including words that are super complimentary.

Toss in _____ terms and things can really start to perk up. Words like xxciting, amazing, spectacular. Even made-up words such as fan-tab-u-lous raise the enthusiasm of what you're saying.

#3. _____ by redefining words or phrases so they don't send mixed messages.

Over the years we've created "_____ _____" from the situations we've encountered. Remember that emotional baggage we confessed to having earlier. That's why we're so vulnerable to mixed messages.

Redefining words is a process that will _____ _____. Logic alone won't do it. This is because our current "emotional definitions" probably began formulating when we were very young.

Look over your notes and pick out one item that peeks your interest, then test it out. I would be honored if you would share your questions, thoughts, and results in the discussion area of Six Month Jump.

Notes: _____
_____
_____
_____
_____
_____
_____

SIX MONTH JUMP

"You, are one of a kind. Live like it. Live with intention!"
— Alan Jackson