7 Simple Easy Tips to Power Your Language

The words we use carry meaning not only to ourselves about our own experience but also to others. If you like the results you are getting in your communication with others, take a closer look at the words you are using and become more selective. Whilst words are not the majority of how our communication comes across, it is important to choose the right words when you do use them. First, let's look at the breakdown of communication:

- Body language = 55%
- Tonality = 38%
- Words = 7%

It's interesting to note that only 7% of your communication is in our words. The next thing is tonality which is the tone of your voice. Tonality is 38% of your communication. Body language is the majority of your communication at a huge 55%. This is why email is very dangerous because you have no tone or body language.

So now that we understand the three aspects to communication, let's get back to choosing our words more wisely. There are many words that we would be considered powerful (and some of them are very nice and some of them are not). Here are a few tips for communicating with ourselves and with others.

Tip # 1 – Power word: But

Whatever is said before the word 'but' is gone. It's negated. For example:

- That's true, but..
- I agree with you, but…
- You are correct, but…
- That's a great idea, but…
- You did a fantastic job, but…

Most people will have moved past the first part of the sentence (before the 'but') and are now thinking about what's in the second half.

Tip # 2 – Power word: Yet

The word 'yet' holds possibility. If brings you to the present. Let's compare these phrases:

- I don't know / I don't know yet
- I haven't decided / I haven't decided yet
- I can't afford it / I can't afford it yet

When we add the word 'yet' it provides us with a positive intention. When you re-frame some negative statements, such as "I can't afford it" to "I can't afford it yet", it gives you the power of positivity.

Tip # 3 – Power word: Choose

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The word 'choose' gives you power and responsibility. The following phrases are examples of owning your thoughts, emotions and actions. These are phrases you may be saying to yourself, rather than actually spoken out loud.

- I choose not to be offended
- I choose to be happy
- I choose not to know
- I choose to be lazy
- I choose to take action

Tip # 4 – Power words: Always / Never

The word 'always' and its mirrored twin 'never' are powerful in that they are usually inaccurate. Using these words are trust killers because they rarely represent what we really mean. We build trust when we say what we mean. The reason that most people use these words is to make the other person feel bad and guilty. Avoid them.

Tip # 5 – Power word: Try

The word 'try' reduces your power. It's a 'sitting on the fence' word. Your either going to do something or you're not. What's try? Using 'try' gives people permission to fail because it means that they can claim that they have 'tried'. People who really and truly achieve goals will not say "I will try". Instead they will say "I will do" or better yet "I must do".

A wise person once said: "Do, or do not. There is no 'try.'"

Tip # 6 – Power phrase: I don't want…

This is 'moving away from' language. For example, saying "I don't want to eat junk food" is moving away from language as this is something that you don't want. 'Moving towards language' is when you say what you want. For example, saying "I want to eat healthy food". The unconscious mind does not process negatives, eg don't, can't, won't. Saying what you don't want will only give you more of what you don't want. It is more powerful to say things and use the words of what you want, so that you can get more of what you actually want.

Tip # 7 – Power phrase: I am…

These are two of the most powerful words. What comes after these words create what you are instructing yourself to think, believe and feel in a certain way. You are telling yourself what to filter in and out and to allow into your awareness. You are creating the reality of what you have said. Consider phrases such as

- I am guilty
- I am happy
- I am ugly
- I am awesome
- I am a failure
- I am successful

When you start a sentence with "I am", choose very wisely what are you going to put after them?

PPS

We will experience our world based on the words and language we use. Words can be empowering and disempowering and our sub-conscious is always listening to everything we say to ourselves and to others.

At the end of the day, you are what you think and talk about.