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Positive self-talk is a superpower.

Reframe these 20 negative words
into empowering ones:

1. Failure → Learning

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2. Exhausted → Playing in overtime

3. Disappointed → Delayed

4. Stuck → Exploring new angles

5. Overwhelmed → In demand



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6. Overwhelmed → Some imbalance

7. Depressed → On the road to a turnaround

8. Embarrassed → Aware

9. Rejected → Misunderstood / Overlooked

10. Nervous → Energized



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11. Lost → Searching

12. Hate → I prefer

13. Sick → Cleansing

14. Stupid → Unresourceful

15. Destroyed → Set-back



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16. Drained → Recharging

17. Afraid → Uncomfortable

18. Furious → Passionate

19. Sad → Sorting my thoughts

20. Have to → Get to



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Why this works:

Euphemisms for negative words help you lower the intensity BEFORE you seek to understand the emotion.

(So they don't impact you as powerfully)

The goal is NOT to pretend the emotion isn't there.

The goal is to deal with the emotion...on YOUR terms.



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I think about this quote often:

"The limits of my language mean the limits of my world."

—Ludwig Wittgenstein



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I curated these 20 word transformations
from Tony Robbins' book,

"Awaken the Giant Within."

Must-read classic.



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What words do you habitually use
(whether self-talk or vocalized) that
create negative feelings in your life?

If they didn't make this list,
come up with your own alternatives.

Write 3 down today ✓✓✓

Thanks for reading!

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