

# What's your word worth?

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Guest Speaker

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# Outline

- Why talk about words?
- Power in words
- Does your word matter?
- What's your word?
- Some of my favourite words



# Why talk about words?

- They're my life
- They make us smile, scream, blush, collapse, giggle, laugh, cry
- Column: [There is power and magic in language, so use it responsibly](#)
- Motivate people to change the world and discourage people from getting out of bed
- Fulfill dreams and create nightmares
- Power to build and destroy, begin and end (friendships, relationships, wars)
- All words are not created equal...
  - [I have a dream...](#) 12:30
  - [We will fight...](#)
  - [I'm mad as hell](#)
  - [You had me at hello](#)
  - [Our deepest fear](#)



# Powerful stuff!

- Worst things ever heard?
  - Sticks and stones?
- Best things?
  - ‘Life saving’ kind words



# Demons and cheerleaders

- How many of the those things are things you've said to yourself, or repeated to yourself?
- Negative Inner monster – write the list and then take control back – tear it up!
- Positive champion – put it on the fridge!



# Your words...

- Think about:
- ...what you say to others
- ... what you are hearing
- ... what you say to yourself



# Does your word matter?

- I promise...
- I'll be there at x time...
- I'll do it...
- Don't say it if you can't commit to it
- Don't lie to yourself either
- Make sure your word is worth something
- All you have is your word – it is your only currency



# But don't take it from me...

- “Affirmation of personal values buffers neuroendocrine and psychological stress responses” (Creswell JD, Welch WT, Taylor SE, Sherman DK, Gruenewald TL, Mann T., 2005)
- You'll be happier and healthier if you think about what's important to you (values)
- Repeating positive affirmations makes you more calm and less defensive
- Being grateful for what you have makes you happier
- Finding the silver lining (downward counterfactualization)





# Power in words?

- What are the most powerful words? Just one word...
- Write down words that have power in them (power to make you react)
- ... fear of the blank page? (start with puppies)



# What's your word?

- What do you value?
- What is the most important thing in the world?
- If you had one thing in your life that would make your life better, what would it be?
- What does everyone need?
- What inspires you to be here and what is the word that will lead you this year?
- Pick one word that feels right to you, means something to you, is important to you, right now



# Some of my favourite words...

- Quote a day email
  - Every day a positive burst
  - Some talk to me more than others
  - Depends what's going on in my life
  - <http://www.dailygood.org/>



The opinions expressed by this person are rooted in good intentions, and aimed at making the world a better place. Delivery may be awkward, seem abrasive or overly blunt. No ill will is intended. Alternate viewpoints are encouraged. Sugar-coating not required.

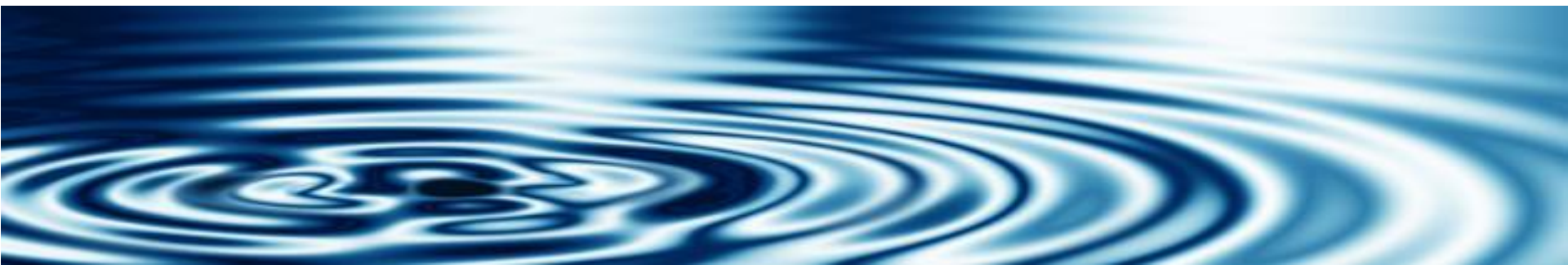
~Nadine Robinson



**LEARNING  
PERSISTING  
DOING  
BEING  
GIVING  
LOVING  
LIVING  
LEADING  
SHINING**



**LEARNING**



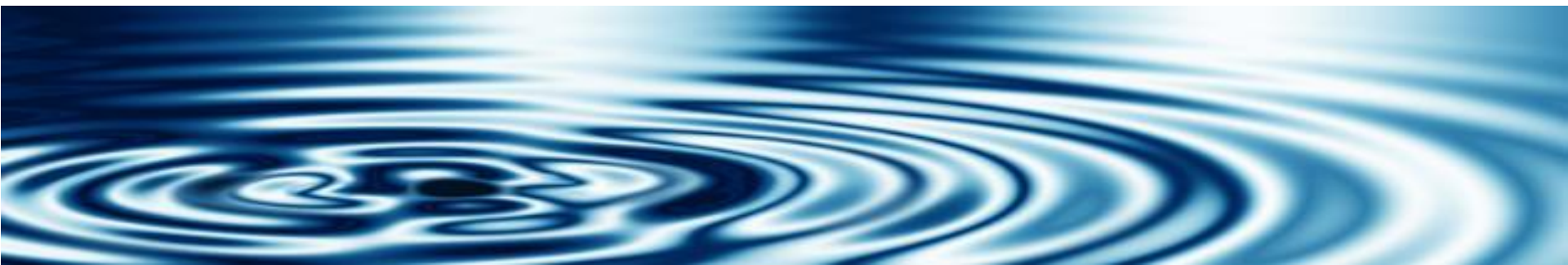
Not all those that wander are lost, but  
those that don't wonder, surely are.

~Nadine Robinson



Not to know is bad. Not to wish to know is  
worse.

~Nigerian Proverb





Learning is the best of all wealth;  
it is easy to carry, thieves cannot steal it, and  
tyrants cannot seize it;  
neither fire nor water can destroy it;  
and far from decreasing, it increases by giving.

*~Naladiyar*



Teachers open the doors, but you must  
enter by yourself.  
~ Chinese Proverb



A mind, once stretched by a new idea,  
never regains its original dimension.

~ Oliver Wendell Holmes



Tell me and I'll listen. Show me and I'll understand. Involve me and I'll learn.

~ Teton Lakota  
Indians



**PERSISTING**



Brick walls are there for a reason. They give  
us a chance to show how badly we want  
something.

~Randy Pausch



A river cuts through rock, not because of its power, but because of its persistence.

*~Jim Watkins*



I've found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.

~Brian Tracy





The harder I work, the luckier I get.

~Gary Player (golfer)



You'll always miss 100% of the shots  
you don't take.  
~Wayne Gretzky



Impossible itself says I'm possible.

*~Author Unknown*



Start by doing what's necessary;  
then do what's possible;  
and suddenly you are doing the  
impossible.

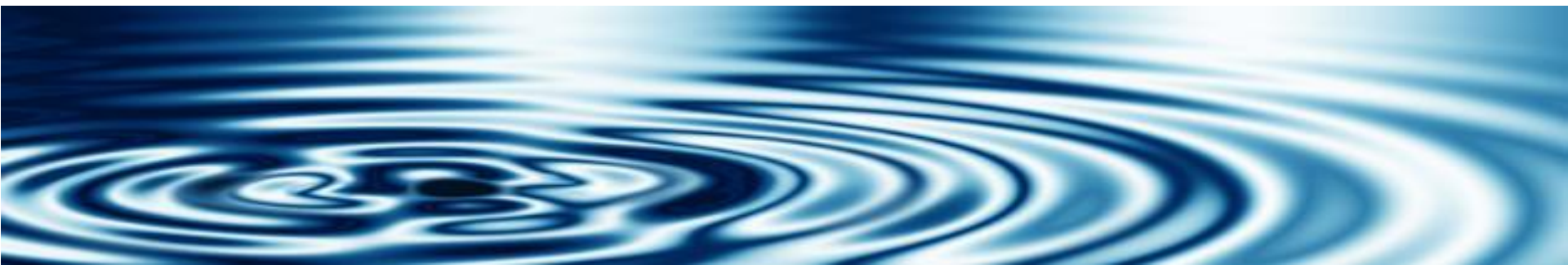
*~St. Francis of Assisi*



**DOING**



The world is a dangerous place,  
not because of those who do evil,  
but because of those who look on  
and do nothing.  
~Albert Einstein



Even if you're on the right track, you'll  
get run over if you just sit there.  
~Will Rogers



Do, or do not. There is no 'try.'  
~ Jedi Master Yoda





My grandfather once told me that there are two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

~ Indira Gandhi

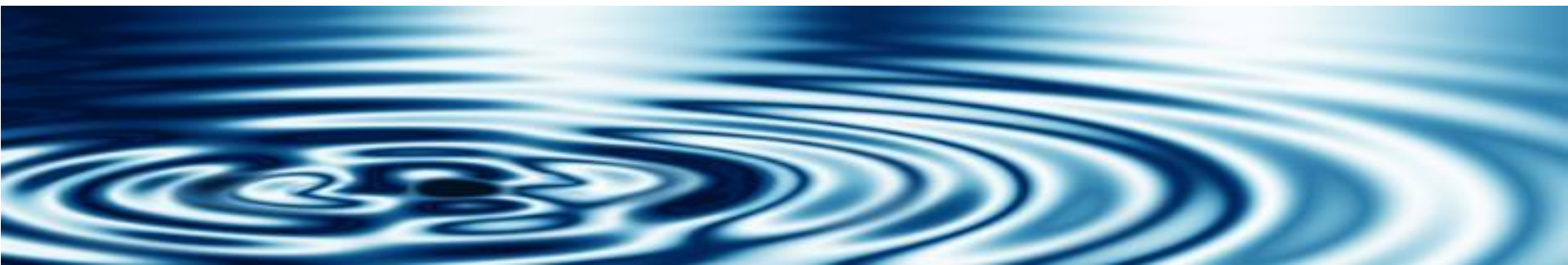


Integrity is doing the right thing, even if  
nobody is watching.

~ Anonymous



**BEING**



The softest pillow is a clear conscience.

*~ French proverb*

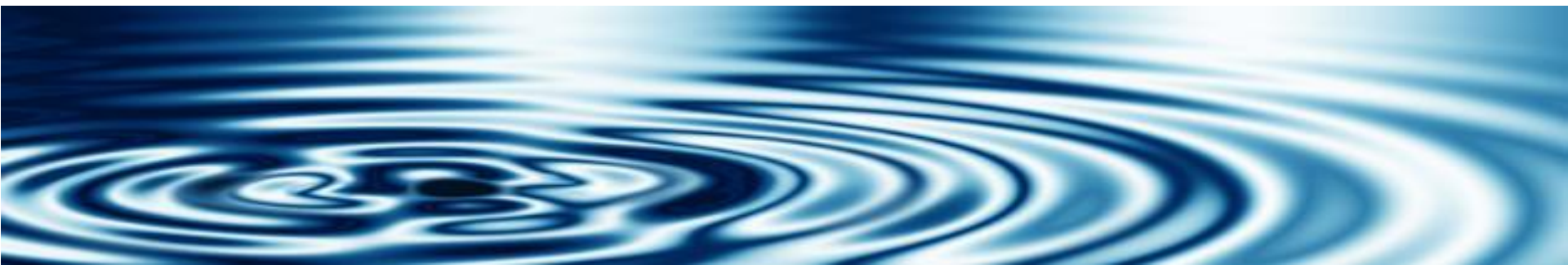


Blessed are the flexible because they shall  
not break.

~ *Gumbi or missionaries' beatitude?*



**GIVING**



Practice random kindness and senseless  
acts of beauty.  
~Anne Herbert



Give, give, give -- what is the point of having experience, knowledge or talent if I don't give it away? Of having stories if I don't tell them to others? Of having wealth if I don't share it? I don't intend to be cremated with any of it! It is in giving that I connect with others, with the world and with the divine.

*~Isabel Allende*





**LOVING**



Call it a clan, call it a network, call it a tribe,  
call it a family: Whatever you call it,  
whoever you are,  
you need one.

*~Jane Howard*



I spent a lot of time trying to convince others that I was right for them. Then I realized it would be better for everyone concerned if I found someone who didn't need convincing.

~Nadine Robinson



Don't put the key to your happiness in  
someone else's pocket. Keep it in your  
own.

~Anonymous



There is a kind of love that gives you the courage  
to be better than you are and that makes you  
think that anything is possible. It's what you  
deserve. Hold out for it.

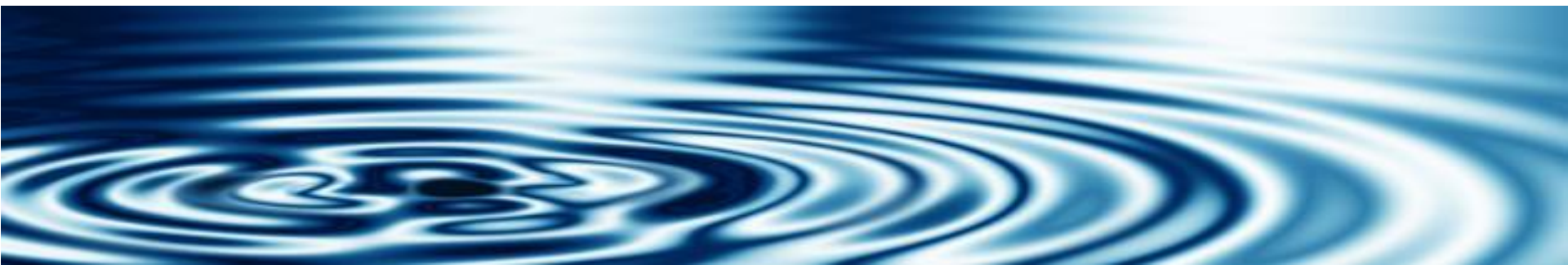
*~ Diane Lanes as Adrienne Willis*

*Nights in Rodanthe*

*(paraphrased).*



**LIVING**



It's better to die on your feet  
than live on your knees.

~Emiliano Zapata



Most people aren't afraid of dying,  
they're afraid of never having lived.

~ paraphrased from Rabbi Kuchner





Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindside you at 4 pm on some idle Tuesday.

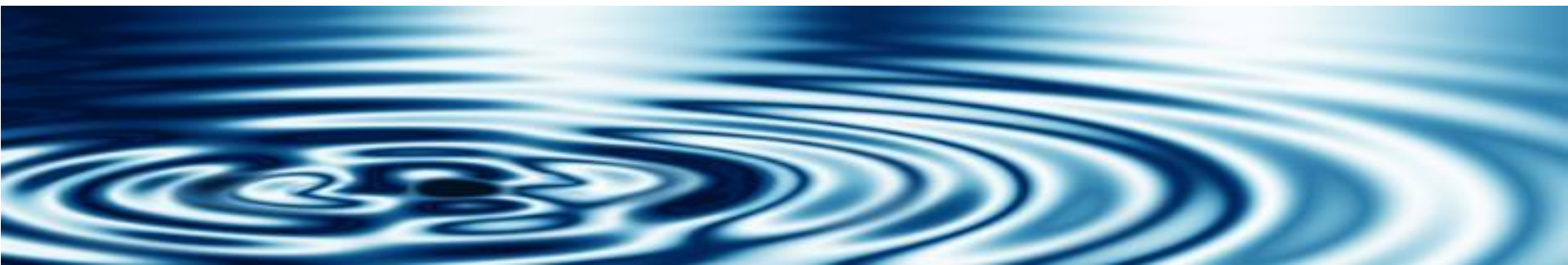
~ Mary Schmich, Chicago Tribune columnist, from *Wear Sunscreen*



Get busy living, or get busy dying.  
~ *The Shawshank Redemption*



**LEADING**



Being powerful is like being a lady.

If you have to tell people  
you are - you aren't.

*~Margaret Thatcher*



Only those who will risk going too far can  
possibly find out how far one can go.

*~T.S. Eliot*



If you're not prepared to be wrong, you'll  
never come up with anything original.

~ Sir Ken Robinson,  
TED talks June 2006



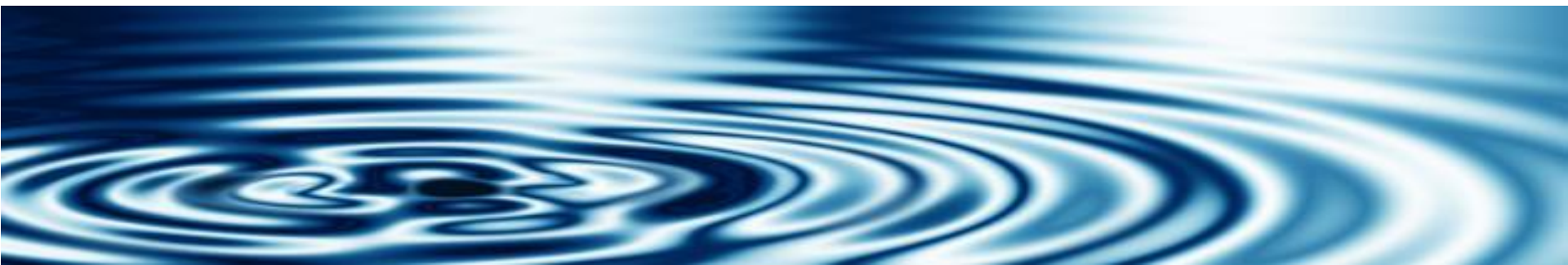
No matter how far you have gone on the  
wrong road, turn back.

*~ Turkish Proverb*



I've continued to recognize the power individuals have to change virtually anything and everything in their lives in an instant. I've learned that the resources we need to turn our dreams into reality are within us, merely waiting for the day when we decide to wake up and claim our birthright.

*~Anthony Robbins*





Leadership starts with us learning to find out what makes us happy, not what makes the people around us happy. Leadership grows as we show our children that it is right to take time for ourselves, that we owe it to ourselves and our families. Leadership blossoms when we can be ourselves and live a life in line with our values both at work and at home. Leadership fertilizes the ground for others when we are secure enough in ourselves to surround ourselves with people smarter than us or better than us at certain things and are not afraid to ask for help or admit that we don't have all the answers.



Leadership is taking the time to find the balance in our lives that works for us and brings us peace, not the balance we are told we should have by the media, by work colleagues, by our friends, spouses, children, in-laws, or parents.

~Nadine Robinson



Leadership is finding peace; so that we can confidently drop our rock in the pond and watch the ripples reach out into our communities - creating positive change on the surface and below, unapologetically.

~Nadine Robinson



Once you've found your own voice, the choice to expand your influence, to increase your contribution, is the choice to inspire others to find their voice.

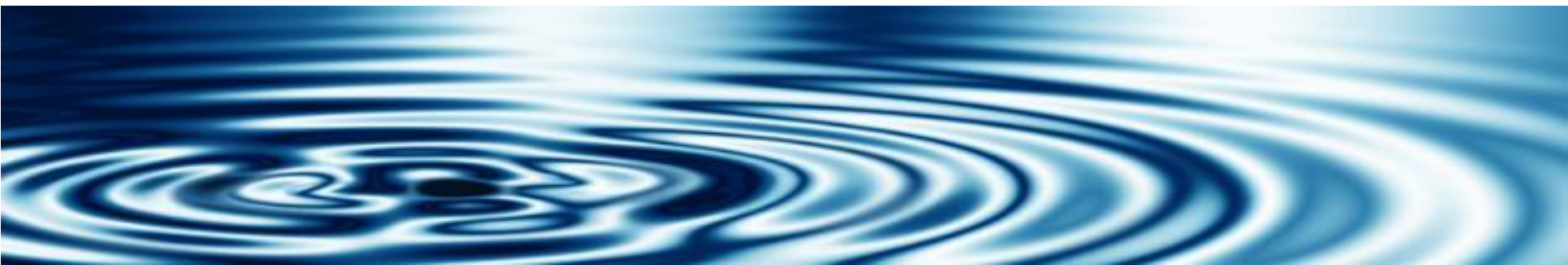
*~Stephen Covey*



With great power there must also come  
great responsibility.

*~ Stan Lee*

*(Spiderman writer)*



Stop changing the channel.  
Start changing the world.

*~stir.org.au*



Be the change you wish to see in the  
world.

*~Mahatma Gandhi*



**SHINING**





Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be? . . . . There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. . . . . And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

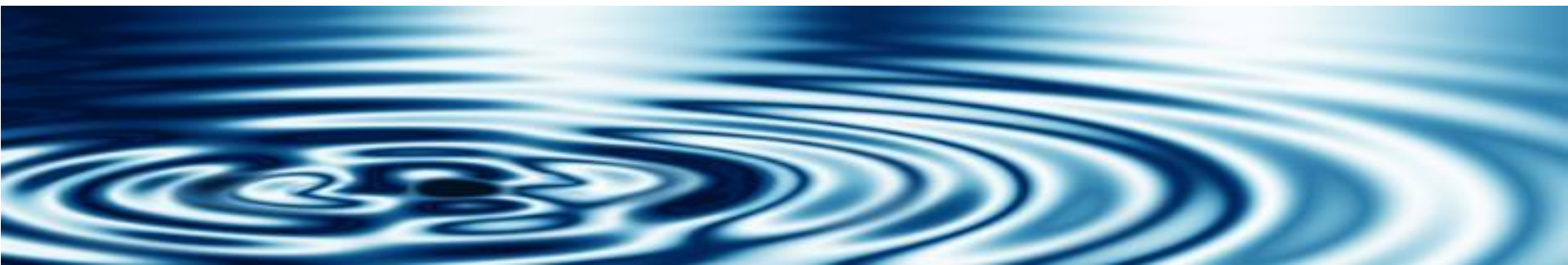
~ *Marianne Williamson*



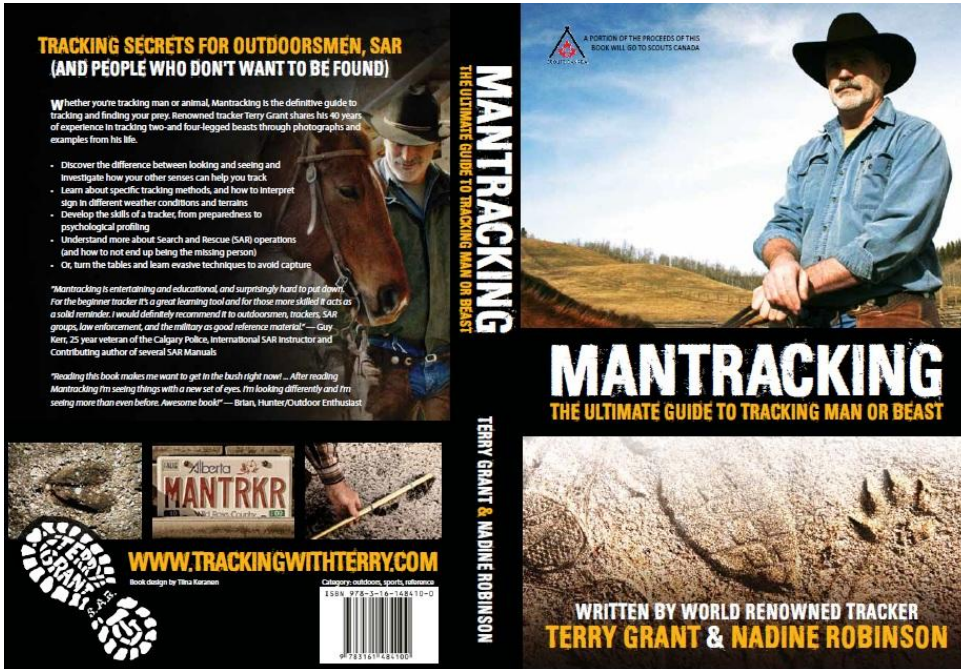
Be yourself: originally you.  
Find your own voice. Find your own balance.  
Dream. Set Goals. Pursue them. Achieve them.  
Learn basic cooking and sewing skills.  
Make sure your word is worth something.  
Work Hard. Be passionate. Be expressive.  
Spend your money on things that can't be stolen.  
Live a life worth remembering.  
Love. Create joy.  
Give thanks.  
Rinse. Lather. Repeat.



Thank you.



<http://www.facebook.com/Mantracking>  
(the book I co-authored with Terry Grant)



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