

Wise Words, *Smart Swaps*

The language you choose to use is important. Every time you consider an action, you are sending yourself a message. Given that the messages we send ourselves matter in shaping outcomes, it's integral to the Smarter Method to review the language you are choosing to use and what you are communicating through the words you choose to use. Holding yourself accountable for the way in which you are viewing a situation, and how that shapes the outcome, is an important part of switching to an abundant mindset. Here are some smart swaps to consider making.

Instead of saying...

'I have to go to the gym.'
'I have to stay late at work.'
'I didn't get the job.'
'They said no.'

Try saying...

'I get to go to the gym.'
'I'm putting in the work.'
'I'm being redirected to the next opportunity.'
'I had the courage to ask.'

Now try filling some out for yourself:

SMARTER