

**"Listening is cheap. Not listening can cost you"**  
*Tom Brewer*

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## **The Right Vocabulary**

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Have you ever thought about the strength and power of words? Not only because of the message have they sent, but also because they are charged with one's disposition and attitude about life.

Many times we have heard someone say, "That person is always in a good mood," or, "It is unbelievable how good she looks and how strong she is after that long illness." On the other hand sometimes we might hear someone say, "He is drowning in a glass of water," or, "I'm tired of trying, I did not even lose a pound."

I believe that everything can be attributed to whether or not we use the right vocabulary. From the moment that we choose words that open possibilities, words that produce satisfaction, words that generate positive energy, we are on the right track.

For example, we might face different situations at work or in our exercise routines where we can say, "If I manage my time I will be much more organized," instead of saying, "Everything always comes out backwards for me!". We could say, "I'm going to try this new option," instead of saying "There is no solution!" We might say, "I'm almost there," instead of, "I can't do this anymore!" We should say, "I'm going to keep trying," instead of, "This is impossible!" Finally, my personal favorite, we should say "Which one looks better on me?" instead of, "Nothing fits me!" We can even replace simple words, for example instead of "diet" say, "lifestyle"; instead of "that's fattening" say, "it's not worth it"; instead of "my laziness" say, "my challenge"; the examples are infinite.

The world is at our fingertips and so is life, it depends on us how we live it. Sometimes there are calm days, sometimes days are more complicated, and each of us has the right to choose the right path. It's up to us to lend a hand and ensure that every day is filled with joy and satisfaction by using a more uplifting vocabulary.