

## The SIX Dirty Words of Personal Development

If you were to count how many the times in one day you say the following words: “**but, can’t, try and working on it**”, you’d be astonished! Without a doubt, these self-limiting words will support you ONLY in your smallness, not in your greatness.

The word **but** invalidates everything you just said in front of it. For example, *I would look amazing in that outfit but I’m too heavy. I would love to date that woman but I’m not good-looking enough. I want that job promotion but I don’t have enough experience. I want a relationship with God but I don’t deserve one because I have sinned.*

The word **can’t** in reality is saying you won’t. Whatever it is that you’re saying, adding can’t to the sentence just means you won’t. You really haven’t thought it through; it’s just easier to stay in your comfort zone by deciding you can’t. To be quite frank, it’s a victim statement! For example, *I can’t make it over tonight. I can’t meet the deadline. I can’t lose any weight. I can’t afford that. I can’t commit. I can’t stop smoking. I can’t.....*

The word **try** is the biggest cop-out going. Sit in a chair. Try to stand up. If you stood, you stood up, you did not try, you did. If you are still seated, you did not stand and therefore you did not try, you sat. As Yoda in Star Wars said, “Do or do not, there is no try.” By saying the word try, you’re actually not even planning to do whatever it is you’re referring to. It just sounds nice. It’s comfortable and we all know that comfortable equals decay. For example, *I’ll try calling her soon. I’ll try getting the project done this weekend. I’ll try going to church this Sunday. I’ll try and reach the prospect this afternoon. Why not eliminate the word completely? Why not say, I’ll call her soon, I’ll get the project done this weekend, I’ll go to church this Sunday, I’ll call the prospect this afternoon. Either you will or you won’t. It’s that simple.*

The words **working on it** are much like saying you’ll try and you know how worthless that word is. Working on it has no power, no juice, and is all about playing it safe. Either you’re going to do something or you’re not. Working on it sounds good, however, it’s a smoke screen for mediocrity. And you know mediocrity is not extraordinary!

Words have power and your words have particular power because they represent your integrity, character, values and your thoughts! What if you became conscious of your self-limiting words and started to choose the words that supported you in your greatness and not in your smallness? What if you eliminated those decaying words and lived in the language of greatness?

To help you eliminate those words, assign a painful dollar value to each one of them as a penalty when they come out of your mouth. Each time you or someone close to you catches these words coming out of your mouth, the fine gets paid to a fund. This fund is emptied once a week and will be spent on whatever it is your spouse, children, friend or co-worker want for their own satisfaction. Here is a suggestion: But = \$3, Can't = \$5, Try = \$10, Working on it = \$20.

This is a great way to become conscious of the words that come out of your mouth. In doing so, you will be present in your life when you speak and as a result, only speak into your greatness and success. A shift that small and clever can make a huge difference down the road. I challenge you to take this on and let your sphere of influence, those closest to you, support you in this transition. That's how you play a "Bigger Game in Life!"

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