

# Change Your World with the Power of Your Words!

Do you have a dream? Do you have the desire to look, sound, and feel your BEST as you communicate your ideas to the world? Do you want RESULTS? Then it's time to consider what you say and how you say it.

For many of us, it's hard to even think about our dreams. We're lost in the haze of taking care of others' and often forget our own. But eventually, if we live long enough, we'll begin to take seriously the call of love that whispers in our hearts and urges us to talk about what we care most about.

What do you care most about? What do you long to create in your life? What do you wish to have? As we discover our answers to these questions, we're able to focus on what's right for us and bring our dreams to reality.

Several years ago my parents suddenly died eighteen days and a thousand miles apart. My inner world turned upside down and I found myself flat on my back with a herniated disk. I was "forced" to take a good look at my life and ponder whether or not I was making every day count. I was a responsible wife, mother, and psychotherapist living "the good life" but felt unfulfilled. My spirit was chomping at the bit to express itself and began to lead me on a journey to my innermost truth.

When I arrived at my destination, I began to appreciate the power of my thoughts and intentions. I began to realize that my outside world reflects my inside world and the power of my thoughts and words create it! I took a

look at the kinds of thoughts that filled my head and the words that came out of my mouth. Which ones were in my best interest and for my highest good? Which ones were TRUE for that matter? And which ones cluttered my life with debris?

If you have a dream and want to feel, look, and sound your best as you communicate your ideas to the world, get rid of the junk and focus on a vision that lights you up! Entertain thoughts that support your vision and focus on them until you FEEL the passion you have for your dream. Then choose to use words that empower you and your audiences... **I CAN, I AM, I WILL, I CHOOSE, I HAVE, I LOVE, I CREATE and I ENJOY.** Believe in yourself and your dream and you'll be amazed by the results!



Norene Freeman, MSW is President of POWER TALKS. She is a communications coach and speaker who galvanizes clients to claim their purpose, pursue their passion, and tell the world about their dreams. She also hosts and produces television programs and videos that transform lives. Reach her at 207.467.8255 or learn more at [www.greatnessbecomesyou.com](http://www.greatnessbecomesyou.com).