

Wiser WORDS

How your words can change how you feel

Replace



With



"I'VE GOT TO.. CLEAN THE KITCHEN"

"I GET TO.. CLEAN THE KITCHEN
BECAUSE I HAVE A NICE HOME"

"I DIDN'T HAVE TIME TO.."



"WHEN MY SCHEDULE ALLOWS, I WILL..."

"I'M ONLY ABLE TO.."



"I CAN OFFER.."

"I WISH I COULD.."



"I'M INTERESTED IN.."

"I'LL BE HAPPY WHEN.."



"I'M LOOKING FORWARD TO.."

"I DON'T LIKE.."



"I PERSONALLY PREFER.."

"I'M DREADING.."



"I'M FEELING APPREHENSIVE ABOUT.."

"I HAD THE WORST DAY.."



"I OVERCAME A CHALLENGING DAY.."

"IT'S THEIR FAULT THAT.."



"WE VIEWED THINGS DIFFERENTLY.."

"IT WAS UNFAIR THAT.."



"IT WOULD HAVE BEEN CONVENIENT IF.."

List some things you may like to improve your perspective on by changing the terminology, based on the examples above.

1. _____

2. _____

3. _____

4. _____

5. _____
