



And Then Some . . . WOW 8 WORD!

Manifest. Abundance. Awesome. Delicious. Extraordinary. Magnificent. Incredible. Excellent. Beautiful. Gorgeous. Super-fantastic. WOW!

These are all words that just feel great to say!

It is said that

Your thoughts become your words.

Your words become your flesh.

Your flesh become your actions.

Your actions become your character.

Therefore, choose your thoughts and choose your words carefully.

Words play a very important part in your brain chemistry.

Fill your head with negative thoughts and words, and it will negatively affect your actions.

Fill your heads with positive thoughts and words, and it will positively affect your actions.



Science shows that words can actually change the structure of water cells. Seriously, say positive words and the molecules of water bond together in a more “harmonious” shape. Say negative words and the molecules of water bond together in a more “cancerous” shape.

And the fact that the body is made up of about 62% water shows how even more **IMPACTFUL** the words we choose to use play into how we feel and how we perform.

Inspiring Greatness Everyday!

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ACTION STEP

Choose your words **wisely** this week. It will make a difference in how you feel, how you act, and how you perform.



Write down ten words that you would like to use daily this week to empower your mind, body, and spirit.

Use them and watch how it completely shifts your energy, conversation, and mindset.

Now go be **EXTRAORDINARY!**

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