

Motivational speaking

"20 words that can change your life"

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20 words that can change your life

Begin

Take charge of your life by beginning something you've always wanted to do.

If your goal seems overwhelming, start small.

Imagine

Your imagination has no boundaries

"dreaming about something is the first step toward achieving it"

Laugh

Laughter is a direct route to the soul.

It broadens your perspective, keeps you healthy, and makes and unbearable situation easier to deal with"

Believe

Set your mind to predict success.

Tell yourself you will succeed at whatever you're doing at the moment.

Seek

Allow yourself to grow by exposing your vulnerability and insecurity.

Don't live strictly inside your comfort zone - don't always play it safe.

Play

We can always find something that "needs to be done" and we forget how to have fun.

Make a conscious effort to take time off - you'll feel refreshed and able to think more clearly afterwards.

Trust

"It's been paralyzed by indecision is worse than making the wrong decision."

You can't grow if you don't trust your inner voice.

Listen

Try listening carefully to the other person's point of view first, without being preoccupied or distracted.

You'll really hear what is being said and the other person is more likely to pay attention to your view.

Create

Creativity maintains the balance in our lives. The more we use our creativity, the more it develops.

Connect

Relationships are what pull us through the hard times, and make the good times meaningful.

Take time to nurture the connections that uplift you.

Touch

Humans need touch to survive and thrive.

Don't forget to hug your loved ones.

Pat your friends on the back, literally and figuratively.

Forgive

Forgiveness is life-giving because it puts you in charge.

You become empowered.

Pray

"Prayer is asking God to transform the situation and become the heart of your life"

Take time each day to nurture this connection.

Hope

Hope is the knowledge that even in the worst of times we can triumph over hardship and sorrow and grow in spirit.

Hope is what sustains humanity.

Choose

We can't always choose our circumstances, but we can choose our attitudes towards them.

Appreciate

Admire the good in yourself and in those around you.

Give

Happiness involves giving freely to others and not necessarily wanting something in return.

Read

Reading removes boundaries.

Write

Words are freedom. Words are power.

Release

Avoid doing something just because everyone thinks you should.

Give yourself permission to relax.

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