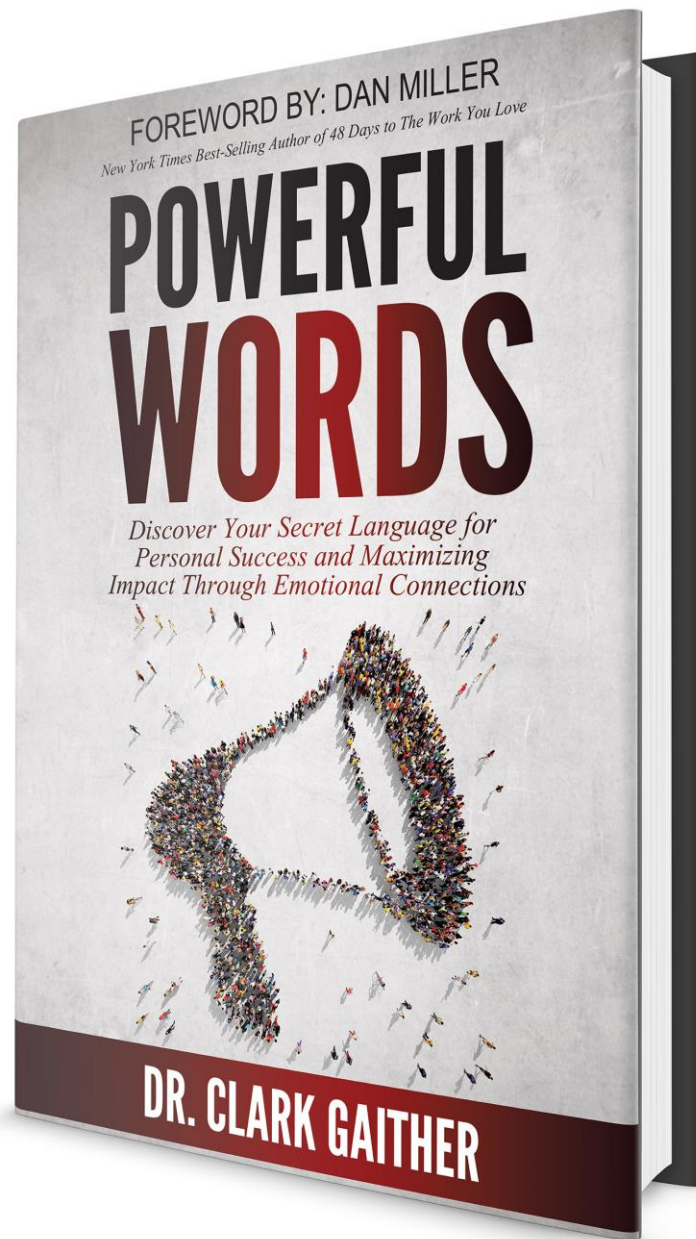


# POWERFUL WORDS

## Workbook



# About This Workbook

This is the companion Workbook to POWERFUL WORDS. At the end of each chapter in the book are a series of thought provoking steps and questions which are designed to lead you on a voyage of self-discovery. Just as in the book, they are listed within here by chapter title.

Answer as many questions or do as many of the steps as you like, or as few as you like, but you will get the most from this book if you perform all of the steps and answer all of the questions which resonate with you on an emotional level. This will serve to enlighten you concerning the most important subject this book - YOU and Your Own WORDS of POWER.

As you write down your own words, stories and experiences, make them personal. Be vulnerable. These exercises are about finding **your** Powerful Words and using them in whatever you do as you set out to help others in whatever capacity you choose. It is about telling your story, your personal truth. This is where your greatest influence resides.

You will find Powerful Words rising to the top of each of your life's stories, words which you can use to impact and benefit the lives of others in very meaningful ways. It is my hope you will develop a practice of using your own Powerful Words and stories, the one's which hold the greatest significance for you.

Everyone has the capacity to be someone else's hero. You will be the hero to some who hear what you have to share. People are waiting for you to create for them, serve them, lead them, heal them, inspire them. You will, using your own POWERFUL WORDS.

Discover and then let loose your POWERFUL WORDS!

~ Clark Gaither, MD

# This Path I Am On...

I want you to begin to think about where you are in your life right now, the path you are on and how you came to be there. Get out a pencil and some paper. As you read these questions write down your thoughts as they come to you.

What seminal, life changing events have you had? What epiphanies can you describe? What major pivots have you chosen or were chosen for you? Have there been events which have left you stuck in the past?

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In each instance, were there words which you read or heard that were associated with those events? Words which you still now remember because they move you on an emotional level. If so, they are Powerful Words for you.

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Begin to think about the great stories of your life and the impact they have had, the stories you tell often. The ones which make you laugh, cry, jump up and down with excitement and the ones which make you shudder. Write them down as you go.

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Those stories, your experiences, contain Powerful Words which move you on an emotional level. There are people in this world with whom you may wish to connect, to help. If they share your same Powerful Words, the connection is already established. You have only to identify the individuals you can and will reach by using your own Powerful Words. Let's continue exploring for them now.

Can you list five Powerful Words which came to you as you read through this section and answered the questions at the end?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# Powerful Words

## The Core Values Inventory (CVI)

**Step #1.** On a piece of paper make a list of all of the values you hold dear, the values you would use to describe yourself as having, the values you honor within yourself. Take your time and be thoughtfully introspective. Do this now or over the course of a day and a night if you wish. Your list might include values such as knowledge, happiness, curiosity, hope, love, friendship, joy, truth, passion, etc. List as many as you can think of that apply to you. Don't worry about putting them in any kind of order just now. Be careful when enlisting the help of others. They may give you values they think you have, or wish you had, rather than values you yourself actually possess.

**Step #2.** In **Appendix A** in back of this book there is an extensive list of common positive human values. Review this list just to see if you feel any of them apply to you. If some of them resonate with you, but do not appear on your list from Step #1 then go ahead and add them. Skip over any that do not apply to you then move on to Step #3 once you have finished running the list. If you can think of some which suit you and are not listed in the Appendix then by all means add them to your list.

**Step #3.** Answer each the following questions on separate pieces of paper:

1.) When I was a kid I used to LOVE to \_\_\_\_\_ .  
Write down all of the things you used to love to do as a child, the things you tried to do as often as possible which brought you joy, happiness and contentment.

2.) My **strengths** are \_\_\_\_\_ .  
List all of the strengths you see in yourself now as an adult.

3.) As an adult I LOVE to \_\_\_\_\_ .  
List all of the things you LOVE to do as an adult which bring you joy, happiness and contentment.

4.) What two or three things or activities make you OVER-THE-TOP happy as an adult? \_\_\_\_\_ .

Now, for each set of answers for each of the questions above, write down all of the values that are being **honored** in each instance. The values you write down may be the same as some of the ones you generated in Steps #1 and #2 or you may come up with some different ones. It's okay if some of them are the same. You may list more, or you may list less than in the first exercise. Just write down your impression of which values are being **honored** in the answers to each of these questions. Write them down on the same pieces of paper as the answer to each question. From this point forward try not to look back at previous value lists.

**Step #4.** These are the last series of questions to answer. These serve to expand the capability of capturing a more accurate picture of your core values. Be sure to answer each question on a separate piece of paper.

1.) How would you answer this question? I am passionate about \_\_\_\_\_ !  
You can list more than one thing, but list only the thing(s) you are truly passionate about in your life right now.

2.) My career(s) have been \_\_\_\_\_.  
List all of them. \_\_\_\_\_

3.) This really, truly, undeniably TICKS ME OFF!!! \_\_\_\_\_ .  
Describe as accurately as possible what gets you maximally hot under the collar.

4.) Describe the worst day of your life that you can recall. As painful as it may be, write down what happened to make it the worst day of your life.  
\_\_\_\_\_ .

5.) Describe your perfect day. I mean YOUR PERFECT DAY! What would it look like? What would you do? Where would you go? What would you eat? Who would be present with you, if anyone? Be as precise as possible and write it out in one paragraph.

6.) What is your favorite color? \_\_\_\_\_ .

7.) Describe the best day you can remember as a child, your happiest day. What were you doing? What were you thinking? Were you by yourself or with someone? What made it so special? Answer this in one paragraph.

8.) Last one. If you could be any animal, which one would you be? You could be a bird, a reptile or a mammal. So, what would you be? \_\_\_\_\_ .

**Step #5.** Now, go back to your answers to each of the last series of questions. **Choosing only from the lists of values you generated in Steps #1, #2, and #3,** write down the values that were either being **honored** or **dishonored** for each of your answers. There may be just one value or more than one value that is either being **honored** or **dishonored**.

Some values you will use once, some multiple times and others not at all. You should do this for each of your answers, even with the answer to the question of what animal you would be. For instance, as you picture yourself as the animal you chose, what values does that animal represent to you, which would you be honoring as that animal. For instance, I chose my favorite bird, the owl. To me, owls represent wisdom, knowledge and patience.

**Step #6.** Look back over all of the value lists you have generated. You will notice some of them have been used twice, some have been used multiple times and some have only been used once. **Make a new list of values using only the ones that have been used more than once** and write beside each of them exactly how many times they have appeared in your lists. If a value has been used only once, we are done with it so do not include it on this new list. But do not throw them away.

You should now have at least five values that were used more than once. Pick the five values that appear most often in your lists. If there is a tie for the fifth value then choose which of the two fits you best. **These are your top five core values.** They have been your guide throughout your life. Although, you may not have honored or celebrated them as well as you might have. This will not be the case moving forward. From this point on, in all that you do, you should intentionally strive to honor your top five core values.

**Step #7.** Now, just like a table has four legs for support, four of these values are the ones that support you and your **main core value**. Only one of them is your strongest **main core value**. Just as the legs of a table can not stand alone without the table's top, your **main core value** is what binds the other four values all together. Once your top 4 core values are bound together by your **main core value**, they will in turn support it and You. Your **main core value** is supported by the four, and the **MAIN ONE** ties them all together so they become enabled to offer you their support. Think of these five core values as you, your mirror and your reflection. Together, they form a clearer image of who you are.

Now, if multiple values appear an equal number of times in your top five list then you will have to decide which among them is your main core value. You will do this by starting with any two and asking yourself, "If I can only keep one of these two values then I will keep \_\_\_\_\_." Keep doing this until you get down to the one main core value that you can not set aside. That will be your main core value.

### **Your Top Five Core Vales Are:**

1. \_\_\_\_\_ .
2. \_\_\_\_\_ .
3. \_\_\_\_\_ .
4. \_\_\_\_\_ .
5. \_\_\_\_\_ .

### **Your Main Core Value Is:**

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# How Do You See Yourself?

Have you ever been stuck?      **YES**              **NO**

What did you do to get unstuck? Are you stuck now? What do you plan to do about that? Do you feel capable? \_\_\_\_\_

\_\_\_\_\_

Do you limit your possibilities? Or, do all things seem possible? What obstacles have you overcome? Those are the powerful stories people need to hear. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are your dreams? Have you realized them? Or, have you given up on your dreams? Why? Did giving up on your dreams make you happy? How can you turn that around? \_\_\_\_\_

\_\_\_\_\_

What is the source of your happiness? Does it come from within or do you look outside yourself for happiness? What stories do you have about happiness?

\_\_\_\_\_

\_\_\_\_\_

Write your thoughts down as they come to you. If any of these questions move you on an emotional level then your answers need to be explored. Therein will lie some of your Powerful Words.

What are your dreams? List three dreams you have had for a while.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What would make you happy? Right now. What do you want? This could be different from the list of your dreams. List three things you want right now.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Self-Identity

Can you answer the question, "Who am I"? What revelations and experiences have you had which helped you to answer the question? If your answer is, "I don't know" are you still searching for the answer? I hope so.

Even I don't know if I have completely answered the question "Who am I" to my own satisfaction. I do know this, I am closer now than I have ever been to the answer and I will never answer the question unless I keep trying, unless I keep searching. This is why this fantastic journey I am on is so fantastic!

If you have discovered who you are and your purpose in life, you have Powerful Words to share. If you haven't, you have Powerful Words to share about your journey thus far. I implore you, if you are still in discovery mode, don't stop. The story of your journey to self-discovery can be of benefit to others who also search.

If you haven't yet begun your journey of self-discovery to answer the question, "Who am I", please START. We are luminous children of the universe. Shine brightly.

When you hear the word FREEDOM, what thoughts come to mind?

Freedom to/from/for \_\_\_\_\_

This is a tough one. How would you describe yourself? Who are you?

[illegible]

This is can be an interesting exercise. Have some of your friends, acquaintances, co-workers or family members describe you as they see you. Are their descriptions different than yours? Do they see you differently than you see yourself? If so, how so? Is their image of you the one you wish to project?

How are you seen or viewed by your friends? Write the differences here.

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# Your Personal Truth

Do you harbor secrets which are causing you pain? In instances where there has been past physical or sexual abuse, which may be too difficult to deal with alone and without guidance, I would suggest getting help from a professional. Otherwise, can you be vulnerable enough to share your story honestly and completely with another human being? What is your personal truth?

What are your biggest secrets? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

People will listen to your personal story. It is how we connect, one with another. Think of all the personal stories you have heard from others during your lifetime. Even if they seemed tragic in the beginning, I'm sure you walked away inspired in the end. That's because the people telling those stories learned how to connect with you on an emotional level through the power of story, their story, using Powerful Words.

## **Powerful Word themes...**

Here are some additional Powerful Word themes you might wish to explore. All, some, or maybe just one of these themes may tap into long held, deep and strong emotions. Emotions you may wish to explore. They will hold power for you, power which can be shared when you use them to connect with others on an emotional level.

Your happiest of times.  
Your best and worst relationships.  
An unexpected, life changing surprise.  
Your worst nightmare.  
Things which make you laugh.  
Things which make you cry.  
People you admire and why.  
A personal tragedy.  
A favorite pet.

Your best friend growing up.  
Your first kiss.  
Your first love.  
The feeling you had when you turned 16.  
The loss of a loved one.  
The first time you got a bad grade.  
Your favorite movie.  
A horrible divorce.  
Your biggest scare.  
A near death experience.  
A bad accident.  
A big win.

Which of these resonate with you the most? \_\_\_\_\_

Are there other themes which resonate with you? List them here. \_\_\_\_\_

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# Are You Being Selfish?

Were you aware of the differences between selfish and self-interest? Can you write out examples of how self-interest has allowed you to help others? \_\_\_\_\_

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Or, has someone been able to help you out of their abundance? Either way, there are Powerful Words to share within those stories.

What emotions come to mind when you hear the words need, abundance, scarcity, selfish, self-interest and share? The words attached to those emotions are your Powerful Words. \_\_\_\_\_

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Do you have a scarcity or an abundance mentality? Write down the differences as you see them here. \_\_\_\_\_

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# Reality Based Thinking for Your Preferred Future

Do you believe something is holding you back from your preferred future? If so, can you name it? \_\_\_\_\_

Is there a solution? What did you discover? \_\_\_\_\_

What are you most grateful for these days? List 5 things for which you are most grateful.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Tell the story behind your answers. What has brought the most meaning to your life? To your work? To your relationships? To your play? What stories of self-discovery can you tell which might inspire or motivate others?

Stories of people who have had profound health issues and recovered from them are very powerful and contain Powerful Words that others will identify with. Do you have a story to tell which will inspire others? Are you on a mission to improve your health now and find yourself struggling? There are Powerful Words to share from those experiences as well. Make some notes here.

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If you are already living a reality based life then you have some stories to tell from when you weren't and what you learned in the process. They will contain Powerful Words which you can use to your advantage in your interpersonal relationships and in the marketplace with your business.



# Your Future: The Biggest Gamble of All?

Do you feel you have been gambling away your future, just getting by on hopes and dreams? Are there other steps you will take, or have you taken, to ensure a more favorable future for yourself? List five here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Are you being abused by someone emotionally, mentally, spiritually, physically? Are you feeling trapped? If so, get help now. Your stories of abuse contain Powerful Words which will get someone's attention. You may feel you can't. I say you can. Look how much you have already endured. Seek help now.

If you have been abused and overcame it then you definitely have Powerful Words to share. Those words will encourage others to change their circumstances because you will connect with them on an emotional level and they with you. That is when the power comes. That is when lives are changed. Make some notes for future exploration here. \_\_\_\_\_

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What are your weaknesses, your self-doubts. What stories do you have connected to those words of power? Have you been desperate, truly desperate? What were the circumstances? What did you do? Write them down now. \_\_\_\_\_

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Have you been an abuser of others? Did you stop and find your way to healing?  
How? Have you told your story? How many could you help if you did? There is only  
one way to find out, begin. \_\_\_\_\_

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If you answer any of these questions from an emotional level you will unleash some  
Powerful Words. Words which can help to heal both you and someone else. Share  
your power by sharing your personal truth.

What Powerful Words came to you in this section? \_\_\_\_\_

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# Your preferred future: Why chance is not an option.

Do you have a clear picture of your preferred future? If not, what is holding you back? If so, are you fully engaged in developing that image into reality? Are you leaving too much to chance? \_\_\_\_\_

\_\_\_\_\_

Describe as detailed an image of your preferred future as you can. Where are you living? What are your living arrangements? What is your day like? To where will you travel? What will you do? Will you be working (hope so and with purposeful passion)? Who is living with you? What interests will you pursue? What is your health like in your preferred future? Write this down now while your thoughts are still fresh. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Leave nothing to chance if you can manage it. This description will contain Powerful Words for you to use along your way. Are your plans compatible with your core values? Do they celebrate them as much as possible or dishonor them in any way? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you decide these things now, you get to decide. If you wait until later to decide, someone else may be deciding these things for you. One thing I can guarantee, if someone else decides for you, you will not prefer the results.

# Life Without Self-Imposed Limits

Do you live your life without self-imposed limitations? Is there any other kind? Okay, so we limit ourselves. Or, we listen to Powerful Words from others. We transfer power to those words and allow them to limit us. So, what is the difference? It was our choice either way.

Imagine listening to the Powerful Words of inspirational and motivational speakers for 30 minutes everyday through audio books, podcasts, webinars, or You Tube videos. Imagine reading self-help materials or how-to books for 30 minutes everyday. Do you think your horizons to what is possible might begin to expand? What do you feel are your main limitations, some things you feel are holding you back? List three of them here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

For each of those three limitations above, list three things you can begin to do, right now, which will help you to begin to remove these self-imposed limitations.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you are already doing this you already know what I am talking about because you probably do this or something similar everyday. You already have some sense of what works for you and what won't. Your words can become someone else's Powerful Words. All you need do is share them. If you aren't doing so already.

Do you feel you are a creative person? If you have ever imagined anything, a product or service which doesn't exist, or a product or service which can be offered in a better way, then you are a creative.

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Think about your creativity. What is the basis for your creativity? Do you have a story to tell? Do you have Powerful Words to share? Write them down while they are fresh in your mind. \_\_\_\_\_

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## Little time remaining...

Have you accomplished all that you want to accomplish? Are you putting things off because you feel you have the luxury of time? What are you waiting for, really? Why not NOW? \_\_\_\_\_

\_\_\_\_\_

What are your fears? Can you write down some stories about the fears you have had to face or are facing? Have you faced them or are you keeping them close on the inside? Have you given them a voice by clearly stating what they are?

List your three **biggest** fears here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

To list them begins to rob them of their power. They do not have to cause the kind of fear which holds you back. You can use the emotion behind the fears holding you back, to propel you forward, if you choose. It begins by telling stories about your own fears and how you hope to overcome them. All the while you will be sharing Powerful Words, which someone else has had to deal with before. They will help you to deal with yours.

Take a critical look at them. Are they reasonable fears? What part of them is controllable and what is out of your control? Do you need help with overcoming them? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When you have dealt with your fears either by eliminating them or controlling them for your own better purposes, then you will begin to share with others how you were able to do so. These new stories about your fears will help others to deal with theirs. That is what Powerful Words do.

Are you actively addicted? In denial? What are your stories concerning addiction?

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Are you in recovery? Do you know your sobriety date? You know the drill then. What was it like? What happened? What is it like now? Those stories contain Powerful Words that can help those that are still suffering. Pass them on...

Notes: \_\_\_\_\_

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# No Regrets

Have you regrets over some of the events in your life? What were they? Write them down here. \_\_\_\_\_

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What did you learn from those events? What lessons did you, can you, take away? How have those events help to shape you? Can you forgive yourself for past actions which have caused you to have regrets? \_\_\_\_\_

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Are there amends or apologies you could make which would help you move past any regrets you may have? **CAUTION:** I would do this only if it would not cause any further harm to you or others.

Recounting those stories will reconnect you with emotions from those events. Some of them may be painful to recall but remember why you are doing this in the first place - to help others through the power of your story and in the process you will help yourself. Let loose your Powerful Words.

What Powerful Words came to you in this section? \_\_\_\_\_

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# Hope Is Not a Plan

Do you mostly hope? Or, do you plan and take action? How much preparation have you put into gaining your preferred future? \_\_\_\_\_

Can you list up to 5 actionable hopes for which you haven't yet taken any action? Also, for each list at least one action you can take today which will move you from hope toward accomplishment.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

You must begin to explore why you haven't moved off of hope and onto action? There are probably Powerful Words in your past you are using to block your own progress. Rob them of their power by getting them out of the shadows and understanding them.

If you are a planner and a doer and you are seeing results, there are stories and Powerful Words you need to share. Others are waiting to hear them. Helping them will help you in ways which can not be fully known or explained. Make some notes here. \_\_\_\_\_

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Are you in pain, suffering? Is there something in your past that has a hold on you still? Is it time to set your burden down? Can you talk about it with another human being? If not a friend or a loved one, then a professional? We all must come to terms with an ever evolving and advancing past if we are ever to move fluidly forward toward our preferred futures. \_\_\_\_\_

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The Powerful Words at the root of human suffering, the emotions those words represent, will help others deal with their own pain and suffering as they are shared. Emotional connection, this is the power in Powerful Words.

What Powerful Words have come to you in this section? \_\_\_\_\_

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# ARTIST

Do you feel you are an artist? Circle one: **YES** or **NO**

Why or why not? \_\_\_\_\_

\_\_\_\_\_

If not, is it something you should consider? Or, are you reluctant to call yourself an artist? Why? Is there something standing in your way, keeping you from doing so? Are you really not an artist or is this just something you have been telling yourself for no identifiable reason? Have you explored what you are capable of doing in the expanded realm of art? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you can not see yourself as an artist, is it because of an impression someone else gave you of yourself at some point in your past. Are there Powerful Words which are holding you back? If so, you can take away their power by taking action in the opposite direction of their push. \_\_\_\_\_

\_\_\_\_\_

If you feel you are an artist, do you call yourself an artist? Don't you think it is time you do? Try to put into words, the feeling you get when you are creating art. Some of those words will be Powerful Words and a recurring theme when discussing your work. Use them to your advantage. If they resonate with you they will resonate with others. \_\_\_\_\_

\_\_\_\_\_

If you feel you are an artist, in what art forms can you, do you, express yourself?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you pushed your own boundaries of artistic expression? List three things you want to try or things you think you should try.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Be fearless and list three art forms you are afraid to try or think you can not do?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now, pick one of these from each list and promise yourself you will try them. I mean make a real commitment. I believe the results will surprise you.

I will try \_\_\_\_\_  
and \_\_\_\_\_

# Unfulfilled Dreams

What are your dreams? Can you list your top three to five lifelong dreams here?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Do you have unfulfilled dreams? If yes, why? If you have not pursued your dreams or if you have given up on them there are probably some powerful reasons why. Powerful Words are at the roots of those reasons. They are either words you are hearing from within yourself (self-doubt) or from others in your past or present.

Do you know what they are and where they are coming from? Can you list them here? \_\_\_\_\_

\_\_\_\_\_

If you are still interested in pursuing your dreams, those words blocking you need to be identified, filtered and set aside. If there are people in your life continuously telling you what you can't do, they are not acting in your best interest. I would surround myself with people who talk more about what is possible.

If there are events in your past when something was said which may be holding you back then those are Powerful Words to you. You can change their meaning by bending their power to propel you forward instead of holding you at a standstill.

This is best accomplished by telling your story, of how you have allowed those words to affect you. You will find there are others who have faced similar struggles, same as you. They will offer solutions, real solutions, you can use. By overcoming them you will have a more powerful story to tell. One of your own making using your own more Powerful Words.

# Living Beyond Just Dreams

Do you feel you have found your true purpose and passion in life? If not, are you still searching? Do you feel your are stuck? What feelings do these words generate for you? \_\_\_\_\_

\_\_\_\_\_

Are you an entrepreneur? Do you want to be? Is something holding you back? Are there some powerful words standing in your way or spurring you on? \_\_\_\_\_

\_\_\_\_\_

Do you find it easy to begin? Or, to stall? Are you optimistic for your future? If not, are there Powerful Words in your way? Or, are there Powerful Words propelling you toward your preferred future? \_\_\_\_\_

\_\_\_\_\_

What Powerful words have come to mind in this section? \_\_\_\_\_

\_\_\_\_\_

Are you excited and anxious to learn, share and grow? No? Do you want to be? Do you feel you have the ability to choose? If not, can you name what is in the way? If you can, there is a Powerful Word which is holding you in its grip. Determining those word(s) will connect you on an emotional level with what is in your way. Make some notes here: \_\_\_\_\_

\_\_\_\_\_

If you are still searching for your passion and purpose for living, don't stop. No one is born knowing. It is the search which will uncover it for you. If you completed the core values inventory, you may have found some hints there.

# Planning

Have you sown seeds for future harvests for yourself and others today? Or, were you the seed someone else planted who is now yielding a great harvest? Who helped you grow as a person? What stories about how you prepared yourself, or how someone helped to prepare you, do you have to share? \_\_\_\_\_

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Is there an emotional connection with any of these words? If so, there are Powerful Words which describe those emotions. Write your own Powerful Words in this book and use it as your personal communication repository. Refer to them often. They are your strength. \_\_\_\_\_

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# Being Through With Stuck

Is it time to change, time for you to transform? Have you already undergone a transformation? Either way, there is a story to be told. Stories of transformation are some of the most inspirational stories told. They contain Powerful Words.

Have you had transformational events in your life? What were they? List as many as you can think of here. \_\_\_\_\_

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People love to hear them because they connect so well on an emotional level, either with people who want to transform their life or with people who already have. This pretty much encompasses just about everyone on the planet.

Write down or tell someone the stories of your desire to transform, your struggles to transform or of your transformation. Try to identify the words in your stories which resonate with you the most on an emotional level. These are the Powerful Words which will either give someone the opportunity to share their words of power with you or give you the opportunity to help someone else.

What other Powerful Words did you think of while reading through this section?

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# What Are Your Intentions?

Who you are. Who you say you are. Who you want to be. How does this all add up for you at this moment in time? What **IS** your preferred future? Have you mapped it all out? Have you taken actions to get you there? What are your intentions?

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Circle one: Have you hit the start button for **ACTION** or are you **STUCK**? Do you believe each of those states is a choice? **YES** or **NO**

Why or why not? \_\_\_\_\_

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If **STUCK**, list three to five items which you feel leave you stuck. Beside each one, list two to three things you can do to get yourself unstuck.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Have you done this much self-assessment? If not, what is holding you back? Are there stories you can tell? \_\_\_\_\_

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There may be Powerful Words in those stories reflecting strong feelings concerning the answer to these questions. Knowing them and understanding the basis for them, you can begin to lessen their influence.

Once identified, share your Powerful Words and stories with others who have had similar struggles. They will share with you Powerful Words of their own which will help you to get engaged.

If you are already engaged, share your Powerful Words and stories with others. You already know the words which inspired you. You know the words that keep you burning with purpose and passion, the ones which resonate with you on an emotional level. Not just the words and stories of your successes but also of your struggles.

People are waiting to hear them. They need your wisdom, inspiration, experience, strength and hope. You will share with them from abundance, because your cup is overflowing.

What Powerful Words of your own have you uncovered while reading this section?

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# Is it courage or something else?

Everyone has acted in the face of fear at some point in their life. What stories of courage are in your past? Write them down or have some interview you and record the interview. Embedded in your stories are Powerful Words which you will connect with on an emotional level. Those words will connect you with others on an emotional level.

What stories or courage do you have to tell? Make some notes here. \_\_\_\_\_

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Do you feel driven with purpose and passion in some aspect of your life? Are you a determined person? Do you feel dedicated and feel you are making a difference in the world? If yes, the universe thanks you. You are fulfilling your mission. Think back to how it all started for you. You will use Powerful Words in your description. These words will help others on their journey seeking purpose with passion. \_\_\_\_\_

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If you do not feel this way it is never too late to begin or continue your search. This is the great challenge in life as I see it.

Start by exploring again your core values and find some strength in them. Continue to explore your road blocks and barriers to progress. There are stories associated with them and it is in those stories you will find the Powerful Words which are denying you your preferred future. Knowing them, you can begin to rob them of their power as you begin to counter their influence.

Are you now, or have you ever been, on a determined quest to find your purpose in life? Circle one: **YES NO WAS NEVER**

If your answer is any of the last three choices, list any obstacles you feel are in your way here. \_\_\_\_\_

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What steps will you, not can you, **will you** take to remove those obstacles?

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# Finding Your Voice

Do you choose to take personal responsibility for your own feelings and actions? Or, have you put someone else in charge of you? Do you feel you must be in charge of someone else's feelings and actions? What Powerful Words come to mind as you read these questions? \_\_\_\_\_

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Circle one: Do you claim **PROGRESS** or **PERFECTION**?

How has trying to be perfect hampered you? Where does your need for perfection come from? What stories do you remember which still impact you on an emotional level? Make some notes here. \_\_\_\_\_

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If you have dreams to fulfill, if you have a powerful story to tell or Powerful Words to share, will you take personal responsibility to see that it gets done? **YES** **NO**

If not, why not? \_\_\_\_\_

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# TRANSFORMATION

Are you satisfied with your life? Is it as you would have it? Are there changes that need to be made? If you could change anything about your life, anything at all right now, what would it be? \_\_\_\_\_

\_\_\_\_\_

Are there new journeys you would like to begin? Have you accepted a fate or are you destined to change things? Have you accepted you as the agent of change for you? \_\_\_\_\_

\_\_\_\_\_

What battles have you fought? Did you learn more from the ones you won or the ones you "lost"? What battles are you fighting now? \_\_\_\_\_

\_\_\_\_\_

What Powerful Words do these questions conger up? \_\_\_\_\_

\_\_\_\_\_

If these questions move you on some level emotionally, then there will be some Powerful Words or stories either buried within them or bubbling to the surface. Write them down now while they are still fresh in your mind.

Have you made plans for needed change and shared your plans with others? Or, have you been stuck "thinking about things" for too long? If you haven't found your passion for purposeful work in life, are you looking? If not, why not? What comes to mind here? \_\_\_\_\_

\_\_\_\_\_

What are your perceived barriers? Was there an event in you past, or are there events occurring in your life right now which seem to be holding you back from pursuing your dreams? What thought did you just have? Write it down now before you forget. \_\_\_\_\_

\_\_\_\_\_

Are there individuals in your life who are too critical, pessimistic and cynical? Do you feel rejected in some way? What story about rejection can you tell? \_\_\_\_\_

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Are you the bounce back kid or do you feel you lack resilience and hardiness? Are you honest when dealing with others? Are you honest with yourself? Do you feel connected to others and the world? Do you nurture your spiritual self? \_\_\_\_\_

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Write down three things you would like to change most about each of your four realms along with one idea for each to make the change happen.

Your Mental Realm

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Your Physical Realm

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Your Emotional Realm

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Your Spiritual Realm

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you feel you are you using all of your natural talents and abilities for maximum achievement? Have you found your calling, your purpose in life? If not, does this frustrate you? How? Write your feelings down. \_\_\_\_\_

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Are you excited to greet the day when you get up in the morning? Are you excited about what you do, your work? Do you play? Is there balance in your life? What part of your life needs the most work? Take some notes down here. \_\_\_\_\_

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Can you display empathy, compassion, kindness, understanding, gratitude? Do you? What thoughts float to the surface when you read those words? \_\_\_\_\_

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If you are diligent about answering the questions which interest you, the ones which grab you on an emotional level, then you will have tapped into some strong emotions connected to some Powerful Words. Identifying those words will help write your story and the emotions behind those words will be conserved and maintained.

When you share your Powerful Words and stories with others many will connect with you on an emotional level. Those individuals are your kindred spirits, members of your tribe, and you are theirs.

What words of power emerged for you while reading through this section and answering these questions? \_\_\_\_\_

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# Your Inner Sanctum

Are you introspective? Do you have an inner retreat that provides needed benefit in times of stress? Are you able to control how you react to life's stresses, turmoil, upsets, disappointments and tragedies? \_\_\_\_\_

\_\_\_\_\_

If not, I would spend some time and effort on developing your inner sanctum and what happens there. This can be an ongoing part of developing one's spiritual realm. If you are to find inner peace, you will find it there. Remember, practice and perseverance are required for this or any endeavor.

Are you at peace? Circle one: Do you meditate? **YES** **NO**

If no, what is the number one reason? \_\_\_\_\_

What can you do today which would get you past your objection? If you have questions about the practice, a little research on the internet might be in order.

\_\_\_\_\_

\_\_\_\_\_

Do you feel you know who you are? Do you feel you know your place in the world? If not, I can't answer those questions for you. No one can. That is your journey and no one else's. Write down some thoughts here. \_\_\_\_\_

\_\_\_\_\_

I can tell you this. If you want to know the answers, it is paramount you ask yourself these questions and often - Who am I? Why am I here? It is estimated by some that only 10% of the population feels as though they have a sense of who they truly are which is self-identity (self-concept).

Knowing who you are, your place in the world, your natural talents and abilities, your purpose for living, what you like, what you don't like and being able to express these to others is everyone's journey.

Most people will live out their entire lives never knowing this about themselves. Since there is only one of each of us in the universe, it is a tragedy of cosmic proportions. If you do not know these things about yourself don't waste another minute waiting to find out. Begin! Sail on in your personal voyage of self-discovery.

[illegible]

# The Upside of My Downside

Loss is one of the most powerful of Powerful Words. What losses have you had which have changed your life for the better in unexpected ways? List some of them here. \_\_\_\_\_

\_\_\_\_\_

When you here the word loss, what thoughts come to mind? What choices did you make from your loss? What did you learn from them? The power in your story lies only in the telling. Jot down some notes for later here. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What adversity have you seen in your life? Did the adverse event weaken you or strengthen you? Did it steel your resolve or steal you power? What are you thinking right now? Write down your thoughts. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Anyone with significant adversity or loss in their life have powerful emotions that came along for the ride. Those emotions are connected to Powerful Words, the words you would use to describe those events. Get those events recorded or down on paper so you can begin to share your stories in a way which will help others.

\_\_\_\_\_

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# Resilience

Do you feel resilient? Are beaten down by adversity or have you bounced back from adversity? Where do you find your strength to persevere in the face of adversity?

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Are you a patient person or do you lack patience? How has this affected your life? What lessons have you learned from acceptance? \_\_\_\_\_

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Answering these questions will unleash Powerful Words. Either the words which may be holding you back or words which will propel you forward. You should focus on the words which resonate with you the most on an emotional. These are the words to share for healing and to heal.

Powerful Words encountered or uncovered in this section are:

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# Time

Are you time traveling, living in the past or in the future, spending little time between in the present? Do you feel you are in control of your time? Have you given up that power to someone else? Have you taken responsibility for your own destiny?

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Powerful events and forces in our lives can cause us to squander too much of precious time. I have often said, I have spent the first two thirds of my life figuring out how best to live the last one third.

Are there stories or events you can recall from your past which stand in your way. If so, there are powerful words associated with those events. The emotion underlying those events is probably continuing to dishonor your core values. It doesn't have to be this way. Get those stories out and begin to share them. In doing so you will find the strength from within yourself and from others to make needed change. Make some notes here now.

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If you have taken responsibility for this one life you have been given, if you have learned to control your time in a way which is beneficial for both yourself and others, if you are burning brightly with passion and purpose then share the stories of how this came to be. Your stories will contain the Powerful Words others need to hear so they do not waste their life just smoldering. You can help to ignite them. What Powerful Words can you share with them?

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Write down the Powerful Words which hold special meaning for you. Look for them in what you read, listen for them in conversation. You will resonate with them and they will strengthen the core of your being.

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# Don't Worry About Being A Pro (for now), Unless You Already Are

Have you boldly gone after your goals, acquiring whatever you have needed to succeed? Are you curious about the world and your place in it? Have you retained your sense of wonder? What Powerful Words or stories can you share to help others who may have stalled? \_\_\_\_\_

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Have you dealt with perfectionist tendencies? Have you overcome them? If so, do you have a story to share? If you are still battling perfectionist behavior, could you share how this has affected your life and what you plans are to change? \_\_\_\_\_

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How would you rate your performance at work? In your relationships? Has low self-esteem been an issue for you? \_\_\_\_\_

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Are there Powerful Words associated with powerful emotions you can feel as you answer these questions? Write down any thoughts you may be having about this right now. You may need to explore them further later on. \_\_\_\_\_

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# Change

If you are in the 2% group, which of these attributes were most critical for your success? Which of these did you use best to your advantage? Are there others? What stories come to mind? What Powerful Words of your own choosing concerning change can you share? \_\_\_\_\_

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If instead you feel you are in the 98% group, the question you have to ask yourself is which of these barriers to transformation are holding you back? Are there others? What has been the most difficult part of change for you? What stories come to mind? Write them down now. There are Powerful Words holding you back embedded within those stories. They represent emotional barriers to your progress. Don't wait any longer. \_\_\_\_\_

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Procrastination is a Powerful Word for you if it is keeping you from your preferred future. If fear is keeping you procrastinating, try to identify the source. What actions can you take today to set these aside, to transform your life and join the 2%? What can you do to hold yourself accountable? Are there stories you can tell about any internal struggles you may be having right now?

List five ways you procrastinate along with a strategy to prevent it. **Don't wait.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# The 800 Billion Pound Gorilla in Your Mind - Fear

What is your biggest fears? It helps to name them. It does lessen their impact, especially if you share your fears with someone else. You will find you are not alone.

List one to five of your **biggest** fears now.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Are the same fears listed here as those listed at the end of the chapter entitled **Little Time Remaining**? If so, then you have probably rightly identified your top fears. If the fears you have listed here are different then you have some uncertainty regarding your top fears. This is okay. It just signals an area in need of more exploration.

What steps can you begin to take today to help you move past your fears? Notice I said 'lessen the impact' not 'eliminate'. It isn't necessary to eliminate fear if you can learn to live with it, lessen its impact or learn to bend it to your own purpose.

If you are at a loss for where to start, there are many good sources of information on the internet for dealing effectively with fears. If you have potent phobias then I would suggest professional assistance. The point is, start addressing your worst fears, the ones holding you back, as soon as possible. If you want some things to change you're going to have to start changing some things.

Mine worst fears are rejection or the thought being alone in life. Those terrify me. If I happen to wake up in the dark stillness of the night and think about them, I can't get back to sleep. I believe I know why these two are my biggest fears. Do you know the reason(s) for your biggest fears? \_\_\_\_\_

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I deal with mine by practicing mindfulness. How do you deal with your biggest fear(s)? What stories come to mind when you consider your fears? The emotions tied to those fears name Powerful Words. The best way to lessen their impact is to name them and talk about them. Share you stories about your fears. Make some notes here. \_\_\_\_\_

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Have you ever been burned out at your job? Are you burned out now? What is your plan for change? Do you have one? What do you think is the cause of your burnout? Have recovered from a bought with job burnout? Did you undergo a transformation? Write down your story if these questions connect with you on an emotional level. They will invariably contain useful Powerful Words. \_\_\_\_\_

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Do you have a recovery related story to tell? One involving yourself, a family member, a friend, a co-worker, a boss, a client or customer? If so, I know without much doubt there are Powerful Words associated with those experiences. Jot them down in a list here for later reference.

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# Failure

What unique way would you redefine the word FAILURE? \_\_\_\_\_

\_\_\_\_\_

Have you ever heard that little voice inside of you say stop? Has it become a blockade to your progress? If so, what has been your experience? Can you share a helpful story where you found a way to use the word stop to your advantage? \_\_\_\_\_

\_\_\_\_\_

How do you view failure and defeat? Is the view all negative? What favorite stories do you have about failure or defeat? How many failures were there before a success? Are there powerful emotions connected with your stories of failure and defeat? If so, there are Powerful words which connect you to those emotions. Those same words will connect you with others. Make note of them here. \_\_\_\_\_

\_\_\_\_\_

Is your future more uncertain than it needs to be from lack of planning or goal setting? What seems to be in the way? In a few words can you describe how you feel about the future? Some of those words will hold power for you. \_\_\_\_\_

\_\_\_\_\_

Do you think you have it in you to innovate? Have you been innovative? What are those stories? What words come to mind to describe your innovation?

\_\_\_\_\_

# Knowledge

Do you feel there is anything you can not learn? Yes? My next question to you would be why? Has anyone proved that to be true other than you?

List five new things you would like to learn or skills you would like to acquire.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What steps will you pledge yourself to take to begin acquiring this new knowledge or learn these new skills? Is anything holding you back other than deciding to decide to move forward and then doing it? \_\_\_\_\_

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Are there powerful words from within telling you that you are incapable of obtaining new knowledge or skills? What are they? What are the stories and emotions behind those words? What stories or Powerful Words come to mind when thinking about what you know? What experiences have you had in learning new skills? \_\_\_\_\_

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Write these down as they come to mind. Look for recurrent themes as you work your way through the chapters of this book. \_\_\_\_\_

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# The Unknown

Are you living the life you want? If so, how did you achieve it? If not, what do you feel is holding you back? In each instance, there are stories to tell which contain Powerful Words representing strong emotions. Write them down. \_\_\_\_\_

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These stories are your living legacy thus far. Thing is, an undesirable legacy can be changed but only as long as you live **to** change.

Circle one: Are you a **NEGATIVE** person or a **POSITIVE** person? With either one, where does that trait come from? Is there a story to tell there? What Powerful Words do you associate with the words positive and negative? \_\_\_\_\_

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Do you have a story of struggle or triumph over an addiction? What were the consequences of your addiction? These contain Powerful Words which will resonate with so many people. Write them down and begin to explore the powerful emotions behind them and then begin to share them. \_\_\_\_\_

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Do you have short, medium and long-term goals? Yes? Write them down for clarity's sake.

What are your one year goals? \_\_\_\_\_

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Your three year goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your five year goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your ten year goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your 15 year goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

And beyond? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are they in alignment with your core values? Are they complete enough? If you have not set goals, why not? What is holding you back? Is it fear? Ask yourself these questions until you have the answers. Talk to others about this. They may share Powerful Words with you which will catapult you off in new and exciting directions.

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# Procrastination

Do you remember times when you were paralyzed by fear and procrastinated as a result? Have you had difficulty with starting because of procrastination? What strategies have you found helpful? When you are met with resistance, do you find it easier to procrastinate than to push through? How have you grown or what have been your successes as a result? \_\_\_\_\_

\_\_\_\_\_

Write down one to five ways you have managed to deal with procrastination.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Do you find that some of your good intentions never make it out of the box (your head)? Will defining what it means to be intentionally intentional help with your future plans? Have you thwarted your own intentions in a way that has cost you?

\_\_\_\_\_

"I'm too tired", "I can't", "I don't have time." - Do you find yourself saying these words too often? Have you been able overpower them? If so, how? Do you have a story to share which involves these words and the effect they have had on you? Make some notes here. \_\_\_\_\_

\_\_\_\_\_

"I'm waiting for just the right time" or "Wait!" - Have you used these words before? If so, how have they impeded your progress? Have you overpowered these words in your own life? \_\_\_\_\_

\_\_\_\_\_

If any of these questions cause you to pause and feel something, then strong emotions are tied up with them. You should try to unravel the stories and meaning behind those emotions. Your emotions will be represented by some Powerful words. They will be contained in the words you use to describe your feelings.

List some of the Powerful Words you have encountered or uncovered in this chapter.

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People need to hear your stories. Someone needs to hear your words.  
**Get them heard.**

# Struggle

What are some of the struggles you have faced which have help to shape you in positive ways? \_\_\_\_\_

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What Powerful Words or stories come to mind when you hear the word struggle?

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Have you seen tangible benefits and rewards from struggle? What are some of those stories? Is there on story in particular form you past about a lost struggle which moves you on an emotional level? \_\_\_\_\_

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If so, some of these stories are powerful and as such contain Powerful Words. Set them down here or on paper and begin to share them as soon as you can, in any way you can so the value of what you learned can be preserved.

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# Waves

Throughout your life, have there been times when good or bad, success or failure seem to come at you in waves? How did you handle those times? What effect did they have on you going forward? What would shift the outcome for you? What are your stories? \_\_\_\_\_

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Is your foundation sturdy, moral, high-minded, principled, and honest? Does victory come from how well you serve or how well you cheat? Do you sacrifice for all, and save none for yourself? Do you sit, stuck, long burned out, failing to reignite? Why? Write down your thoughts. \_\_\_\_\_

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In thinking about the answers to these questions, were any of your emotions stirring? To what events in your life were they connected? Are there stories you could write down and share? Have you identified some Powerful Words, words which resonate with you on an emotional level? \_\_\_\_\_

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# Desperation

Have you acted out of desperation? Most everyone has. What changed as a result? Write down what happened. There are powerful emotions associated with desperate acts represented by Powerful Words. See which words resonate with you on an emotional level. Those are the keys for unlocking those emotions so you can get them out to heal or get them out to share. \_\_\_\_\_

\_\_\_\_\_

What Powerful Words come to mind when thinking about times you may have felt desperate?

\_\_\_\_\_

Do you practice mindfulness? What can you share with someone about being mindful and how has it changed you? Has the practice of mindfulness given you new insights about yourself and the world? \_\_\_\_\_

\_\_\_\_\_

Do you see opportunities for change, for growth, for improvement? Or, do you feel stifled? Can you identify why? What emotions do the words opportunity, change and desperation engender? Are they strong? If so, they are Powerful Words to you and they should to be explored. \_\_\_\_\_

\_\_\_\_\_

What **BIG** changes have you made in your life and what changes do you have planned? List them here.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# How to Win the Battles Within

What battles have you fought? What battles have you won? What battles are you fighting now? What battles do you feel you have lost? What did you learn from these battles? What powerful emotions or words are dredged up by these questions? Write them down. \_\_\_\_\_

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When do you find you are most afraid? Is there a story behind your fear? What powerful words are associated with the emotions behind your fears? The words and stories which stand out most in your mind are the ones which hold your power, the words you need to share with others. What was it like? What happened? What is it like now? What lessons did you learn through it all? How did they affect you? What are your stories? \_\_\_\_\_

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As I said, we are all in this together. As you share your fears with others, and as they share their fears with you, you will find people all around you who have similar fears. Emotional connections will develop and understanding will follow. People will help you in this way when you are afraid or when you feel you are battling alone. You will help them too.

What Powerful Words did you encounter or uncover in this chapter?

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# All Life Is Precious

Do any of these words have any application in your life? Have you seen living human potential wasted? Have you seen your own potential wasted? What words describe how you feel when you consider these words? \_\_\_\_\_

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Do you feel fully alive, truly living and not just existing? What degree of self-awareness do you possess? Can you see the possibilities life has to offer? Do you have a mentor in your life? Should you? \_\_\_\_\_

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If you were to choose a mentor, who would it be? Write down some possibilities here.

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**Promise yourself to connect with some of the individuals you have listed.**

# Share

Have you shared your success with others? What are some of the ways you have found to do so? What Powerful Words come to mind when you think about the times you have shared your success with others? Or, when someone shared their success with you? \_\_\_\_\_

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What did you share or what was shared with you - time, knowledge, expertise, money, food, clothing, shelter, goods, services? \_\_\_\_\_

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How did sharing make you feel? At the core of your stories are more Powerful Words. You will recognize them as such if they move you on an emotional level. Make some notes. \_\_\_\_\_

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# Next Steps...

If you have gone through the Core Values Inventory exercise and answered questions at the end of each chapter then you have amassed a list of your own Powerful Words from your own life stories. You should try to use these as often as possible in your interactions with the people you wish to serve. These are the words which connect with you on an emotional level. They represent the real you, the authentic you.

When you use your Powerful Words the emotions they reflect will flow through you and connect with others on an emotional level. They will see, know and **feel** the authentic you. This is when things begin to happen. This is when things change, when people connect.

The Powerful Words I have identified throughout this book are listed in **Appendix B**. Add any of these to your list if they connect with you on an emotional level. As you live your life, new Powerful Words will emerge. Add those to your list as well.

All that remains is to share your Powerful Words with the world. Permission to do so is no longer needed. You have the world at your finger tips through the World Wide Web. Whether by conversation, speaking, blogging, publishing, podcasting, art or music there are limitless avenues available to share your message with the world. Just **START**.

**Let loose your POWERFUL WORDS!**

Clark Gaither, MD

## Appendix A

### Listing of Core Values

Ability  
Abundance  
Acceptance  
Accessibility  
Accomplishment  
Accountability  
Accuracy  
Achievement  
Acknowledgement  
Action  
Activeness/Activity  
Adaptability  
Adequacy  
Adoration  
Adroitness  
Advancement  
Adventure  
Affection  
Affluence  
Aggressiveness  
Agility  
Alertness  
Aliveness  
Altruism  
Amazement  
Amusement  
Anticipation  
Appreciation  
Approachability  
Approval  
Artistry/Art  
Articulate  
Assertiveness

Assurance  
Attentiveness  
Attractiveness  
Availability  
Awareness  
Awe

Balance  
Beauty  
Being-ness  
Being the Best  
Belief  
Belongingness  
Beneficent  
Benevolence  
Blissfulness  
Boldness  
Bravery  
Brilliance  
Briskness  
Buoyancy

Calmness  
Camaraderie  
Candor  
Capability  
Care/Caring  
Carefulness  
Celebrity  
Certainty  
Challenge  
Change  
Charity  
Charm  
Chastity  
Cheerfulness  
Clarity  
Classiness  
Cleanliness  
Clear-mindedness



Cleverness  
Closeness  
Cognizance  
Coherence  
Comfort  
Commitment  
Community  
Compassion  
Competence  
Complacency  
Competition  
Composure  
Concentration  
Confidence  
Conformity  
Congruency  
Connection  
Consciousness  
Conservation  
Consistency  
Contemplation  
Contentment  
Continuity  
Contribution  
Control  
Conviction  
Conviviality  
Coolness  
Cooperation  
Copiousness  
Cordiality  
Correctness  
Country  
Courage  
Courtesy  
Craftiness  
Creativity  
Credibility  
Cunning  
Curiosity

Daring  
Decisiveness  
Decorum  
Dedication  
Depth/Deepness  
Deference  
Delicacy  
Delight  
Dependability  
Depth  
Desire  
Determination  
Devotion  
Devoutness  
Dexterity  
Dignity  
Diligence  
Diplomacy  
Direction  
Directness  
Discernment  
Discipline  
Discovery  
Discretion  
Diversity  
Dominance  
Dreaming  
Drive  
Durability  
Duty  
Dynamism

Ease  
Eagerness  
Economy  
Ecstasy  
Education  
Effectiveness  
Efficacy

Elation  
Elegance  
Empathy  
Encouragement  
Endurance  
Energy/Energetic  
Engagement  
Enjoyment  
Enlightenment  
Entertainment  
Enthusiasm  
Equality  
Ethics/Ethical  
Euphoria  
Exactness  
Excellence  
Excitement  
Exhilaration  
Expectancy  
Expediency  
Experience  
Expertise  
Exploration  
Expressiveness  
Extravagance  
Extroversion  
Exuberance  
Evolution

Facilitating  
Fairness  
Faith/Faithful  
Fame  
Family  
Fascination  
Fashion  
Fearlessness  
Ferocity/Fierceness  
Fidelity  
Financial Freedom

Fineness  
Finesse  
Firmness  
Fitness  
Flexibility  
Flow  
Fluency  
Fluidity  
Focus  
Forgiveness  
Formidableness  
Fortitude  
Frankness  
Freedom  
Free-Thinking  
Freshness  
Friendliness  
Friendship  
Frugality  
Fun  
Gallantry  
Generosity  
Gentility  
Genuineness  
Giving  
Goodness  
Grace  
Graciousness  
Gratefulness  
Gratitude  
Gregariousness  
Growth  
Guidance

Happiness  
Hardiness  
Harmony  
Health  
Heart  
Helpfulness

Heroism  
Holiness  
Honesty  
Honor  
Hope/Hopefulness  
Hospitality  
Humanity  
Humility  
Humor  
Hygiene

Imagination  
Immovable  
Impact  
Impartiality  
Impeccability  
Independence  
Individuality  
Industry  
Influence  
Informative  
Ingenuity  
Inquisitiveness  
Insightfulness  
Inspiration  
Instinctiveness  
Integrity  
Intelligence  
Intellect  
Intensity  
Intimacy  
Intrepidness  
Introversion  
Intuition  
Intuitiveness  
Involvement  
Joy/Joyfulness  
Judiciousness  
Justice

Keeness  
Kindness  
Knowledge

Lasting  
Lavishness  
Leadership  
Learning  
Legacy  
Liberation  
Liberty  
Lightness  
Liveliness  
Logic  
Longevity  
Love  
Loyalty

Majesty  
Making a Difference  
Malleable  
Marriage  
Mastery  
Maturity  
Meekness  
Meaningfulness  
Mellowness  
Mercy  
Meticulousness  
Mindfulness  
Moderation  
Modesty  
Motivation  
Mysteriousness

Nature  
Neatness  
Neighborly  
Nerve  
Nimble

Noble  
Non-conformity  
Nurturing

Obedience  
Objective  
Open-mindedness  
Openness  
Opportunity  
Optimism  
Opulence  
Order  
Organization  
Originality  
Outdoors  
Outlandishness  
Outrageousness

Partnership  
Passion  
Patience  
Peace/Peacefulness  
Perspectives  
Perfection  
Performance  
Perkiness  
Perseverance  
Persistence  
Personable  
Persuasiveness  
Philanthropy  
Piety  
Planning  
Playfulness  
Pleasantness  
Pleasure  
Plenty/Plentiful  
Poise  
Polish  
Politeness

Popularity  
Potency  
Power  
Practicality  
Pragmatism  
Precision  
Preeminence  
Preparedness  
Presence  
Pride  
Privacy  
Proactive  
Proficiency  
Professionalism  
Prosperity  
Prudence  
Punctuality  
Purity  
Purpose

Qualifications  
Quietness  
Quickness

Rationality  
Realism  
Readiness  
Reason  
Reasonableness  
Recognition  
Recreation  
Refinement  
Reflection  
Reignite  
Relaxation  
Reliability  
Relief  
Religion  
Reputation  
Resilience



Resolution  
Resolve  
Resourcefulness  
Respect  
Responsibility  
Restfulness  
Restraint  
Reverence  
Richness  
Rigor

Sacredness  
Sacrifice  
Sagacity  
Saintliness  
Sanguinity  
Satisfaction  
Science  
Security  
Self-control  
Selfishness  
Self-realization  
Self-reliance  
Self-respect  
Self-sufficiency  
Sensitivity  
Sensuality  
Serenity  
Service  
Sexuality/Sexiness  
Sharing  
Shrewdness  
Significance  
Silence  
Silliness  
Simplicity  
Sincerity  
Skillfulness  
Smartness  
Solidarity

Solidity  
Solitude  
Sophistication  
Soundness  
Speed  
Spirit  
Spirituality  
Spontaneity  
Spunk  
Stability  
Status  
Stealth  
Stillness  
Strength  
Structure  
Sturdiness  
Substantiality  
Success  
Sufficiency  
Superiority  
Support  
Supremacy  
Surprise  
Sympathy  
Synergy

Tactfulness  
Teaching  
Teamwork  
Temperance  
Thankfulness  
Thoroughness  
Thoughtfulness  
Thrift  
Tidiness  
Timeliness  
Togetherness  
Toughness  
Tradition  
Tranquility

Transcendence  
Tribe  
Trust  
Trustworthiness  
Truth

Understanding  
Unflappability  
Uniqueness  
Unity  
Usefulness  
Utility

Valor  
Variety  
Victory  
Vigor  
Virtue  
Vision  
Vitality  
Vivacity  
Volunteering

Warm-heartedness  
Warmth  
Watchfulness  
Wealth  
Wholesomeness  
Willfulness  
Willingness  
Winning  
Wisdom  
Wittiness  
Wonder  
Worthiness

X (?)

Youthfulness

Zeal  
Zen  
Zest  
Zing

Add Others Here:

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## Appendix B

# POWERFUL WORDS Used in the Book

Abilities  
Abuse  
Acceptance  
Accomplishment  
Accountability  
Achievement  
Action  
Adapt  
Addiction  
Adventure  
Adversity  
Afraid  
Anxiety  
Appreciation  
Art  
Artist  
Authority

Balance  
Barrier  
Battles  
Begin  
Benefits  
Broken  
Burnout

Can't  
Capable  
Chance  
Change  
Choice  
Circumstances  
Clarity  
Commitment  
Compassion

Connect  
Connectedness  
Consequences  
Contribute  
Control  
Courage  
Create  
Creativity  
Criticism  
Curiosity  
Cynicism

Dedication  
Defeat  
Denial  
Depression  
Despair  
Desperation  
Destination  
Determination  
Develop  
Difficulty  
Diligent  
Doubt  
Dream/Dreams/Dreaming  
Drive

Emotions  
Empathy  
Engaged  
Enlightenment  
Entrepreneur  
Excellence  
Excitement  
Expectations  
Experience  
Expert  
Explore

Failure

Faith  
Fear  
Focus  
Forward  
Foundation  
Freedom  
Future

Gamble  
Generosity  
Give  
Goal  
Grateful  
Gratitude  
Grief  
Grow

Happiness  
Hardiness  
Hardship  
Health  
Honest  
Hope

Ideal  
Ideas  
Imagine  
Impossible  
Information  
Initiative  
Innovate  
Intentional  
Intentions  
Introspection

Journey  
Joy

Kindness  
Knowledge

Leadership  
Learn  
Learning  
Legend  
Life  
Lifestyle  
Limitations  
Living  
Lose  
Loss  
Lost  
Love

Mastery  
Meaning  
Mentor  
Mindfulness  
Mistake

Now

Obstacles  
Opportunity  
Optimism

Pain  
Passion  
Path  
Pathway  
Patience  
Peace  
Perfection  
Perfectionism  
Performance  
Perseverance  
Persistence  
Personal truth  
Pessimism  
Plan



Planning  
Play  
Possibilities  
Potential  
Power  
Practice  
Preferred Future  
Preparation  
Procrastination  
Progress  
Purpose

Reality  
Recovery  
Regret/Regrets  
Reignite  
Rejection  
Resilience  
Resistance  
Responsibility  
Reward/Rewards

Sacrifice  
Self-assessment  
Self-awareness  
Self-doubt  
Self-esteem  
Self-identity  
Self-interest  
Selfish  
Share/Sharing  
Skill  
Spiritual  
Start  
Stop  
Story  
Strength  
Struggle  
Stuck  
Suffering

Talents  
Time  
Transformation  
Trapped  
Triumph  
Truth

Uncertain  
Understanding  
Unfulfilled Dreams  
Unknown

Value  
Victory  
Vulnerable

Wait/Waiting  
Weakness  
Well-being  
Willingness  
Wonder

Add Others Here:

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# NOTES