



# Circles of Learning

Education

Health

Environment

Community

Creativity

## The Power of Positive Words

Our thoughts and words have a great influence on how we feel about ourselves and others. Children respond to words that give positive encouragement and these will empower them to do well. Negative words usually result in them feeling despondent, unworthy and unable to cope with what is expected of them.

Your subconscious mind works through your thoughts, so have happy and positive thoughts to help ensure a happy positive outcome for yourself and your family.

Instead of using these words...      ...use these

- Should ..... Can or could
- You must ..... I would like you to
- Have to ..... I want you to
- I can't ..... I will do my best
- Try ..... Do your best
- Too hard ..... It gets easier with practise
- I can't afford it ..... My money is going on other things
- Can't believe it ..... It's amazing
- Don't forget ..... Please remember
- Don't drop that ..... Hold it carefully
- I'm sick and tired ..... I need to change
- I'm dying to ..... I really want to
- I'm no good at that ..... I can do better
- Bad shot ..... You can do better
- I'm too busy ..... I will make the time
- I can't wait ..... I am looking forward to
- I don't deserve this ..... I am worthy of this
- You are a pain in the neck ..... Your actions could be better
- I am unlucky ..... I deserve better
- Hyperactive ..... Energetic
- You're a daydreamer ..... You're imaginative
- Irritable ..... Sensitive
- Argumentative ..... Independent
- No-one likes me ..... It takes time to make friends
- You're being naughty ..... You can behave better
- You're selfish ..... You need to share more
- I'm no good at ball games ..... I need to practice my ball skills

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