Think in Ink – Speak with Good Purpose

What messages do you like to receive from other people? Most of us like to receive positive, kind messages from other people, messages that make us feel good about ourselves.

What messages do you tend to give others? Anybody. Not just your best friends or family members. Do you ever put people down or say things that make them feel less than positive? Are you aware that everything speaks? Your attitude—your "vibes"—can send a message as clear as your words.

What messages are you giving to yourself? Do you use a lot of negatives about yourself, like can’t, won’t, or don’t? Do you send yourself "I'm not good enough" messages?

The truth is that the essence of your communication determines the responses you get—from others as well as from yourself. What messages are you sending to the world around you … and to yourself?

1. What has someone said to me in the past that has hurt or embarrassed me?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

2. Have I ever said something like that to someone else? How might they have felt when I did that?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

3. What is something a person said to me that made me feel great about myself?
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   ____________________________________________________________________
   ____________________________________________________________________

4. Why is it important to think of other people's feelings when I am talking to them or about them?
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   ____________________________________________________________________
   ____________________________________________________________________

5. Why is it important to say positive things to myself?
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   ____________________________________________________________________