



**“Words are, of course, the most powerful drug used by mankind.”**

—Rudyard Kipling

“Your Word Power is Your Win Power!”

**There can be no change without awareness.  
There can be no awareness without intention.**

**Turn Negative Self-Talk into Positive Self Encouragement:**

1. Set your intention to pay attention.
2. Notice the conversation in your head.
3. Write it down...without judgement. Don't change it or sugarcoat it. Write it as it sounds.
4. Change the negative to a positive, present tense, “I am” statement.
5. Say it out loud! (Seriously)
6. Smile!

This system incorporates several different learning styles including visual, aural, and kinesthetic. The more learning styles you employ the quicker you make the change and the more permanent the change becomes.

**“The right action and the right traction can build character and grow community.”**

**Creating Accountability to change your culture.**

1. The Apology-“I'm sorry I'm late.”
2. Accept No Excuses-“I'm late because I'm late
3. Make a promise-“I promise to be on time from now on.”

**“Always Create Memorable Moments”**

1. Give value to the people in your community
2. Acknowledgment and Appreciation goes way beyond “thank you”.
3. Be 100% sincere
4. Do it often. Do it often. Do it often.

Live a life fully on fire, and streak across the universe in a blaze of glory, so that when you come to the end of your time here, there is nothing left but a pile of ashes from a life lived fully and full out. -John Nepper

Fate said to the warrior, “You will never withstand the fire.” The warrior looked fate squarely in the eye and said, **“I am the FIRE!”**

## **Words and phrases that have influenced the culture in my circles-**

“No one eats alone at Harborside.”

“Leave a place better than you found it.”

Together, we are at our best.”

“I never rains on the Rambler Band.”

“Speed and Excellence come slowly.”

“Ignite Your Life”

“Create Peak Experience and Beyond”

“Find Extraordinary Fulfillment in and Ordinary World”

### **Resources:**

<http://nlp-now.co.uk/nlp-techniques/>

Using Positive Language by Robert Bacal <http://work911.com/articles/poslan.htm>

Words And Phrases That Inspire, Motivate, And Persuade At Work <http://www.forbes.com/sites/jacquelynsmith/2013/03/26/words-and-phrases-that-inspire-motivate-and-persuade-at-work/#7d8901172996>

Use positive language and get results [http://www.businessmanagementdaily.com/13828/use-positive-language-and-get-results#\\_](http://www.businessmanagementdaily.com/13828/use-positive-language-and-get-results#_)

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***Check out my ebook “Dear One-Letters from the Heavens” on amazon.com.***

## **What If?**

What if there was a spark inside of you  
that stayed lit through the dark and wind

and what if that spark flared  
and singed the corners of your dreams  
scattered about you before it died back down?

What if that spark flared again  
and set your dreams on fire,  
so much so that you were all but consumed by the flames.  
And what if your dreams illuminated the night sky?

And when they were all burnt out, what if all that was left of  
you and your dreams were the ashes of a life well lived?

A life fully on fire,  
fully consumed with passion,  
fully filled joy and purpose..  
and then fully spent?

What if...?

John Nepper  
3.2.15