

"THE POWER
OF YOUR
WORD"

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ABOUT THE AUTHOR

I'm Christa Rose and I am ecstatic to be here to inspire and impact the way you live. I am a Certified Coach Practitioner, Speaker, and Author of Amazon's #1 Bestselling book, *“Skip the Pain, Experience the Pleasure; cut the crap that’s holding you back so you can live the life you love!”*

I share some of my personal stories like surviving a head-on collision, having my husband die in my arms, and now battling a chronic illness but I don't focus on the past, it's like a broken pencil- it's pointless.

I teach you how mindset is the real secret of life. From the moment you wake up in the morning to the moment you lay your head on the pillow, everything in between is up to you, that's right you create your reality so you have the power to stop living a mundane life.

I use practical tools like using acronyms, for instance, Wait: ask yourself, What Am I Thinking and Why Am I Talking?

I use my diverse background in Nutrition and Reiki and blend my gift of intuition to uncover your true potential! Working with me, listening to my speeches, or reading my book will either change your life or make you feel lighter and give you a good laugh, either way, it's a win, win!

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Chapter 1: Your Power, Your Words

Dive into "Understanding the Impact of Words" – it's like a language rollercoaster with twists, turns, and the occasional loop-de-loop. Ever wondered why words pack such a punch? This chapter spills the linguistic beans, taking you on a wild ride through the power-packed universe of communication.

As you flip through the pages, you'll stumble upon gems like, "Words have wings – they can either lift you up or drop you like a bad habit." The journey doesn't stop there; brace yourself for "In the world of words, silence is a heavyweight champion," a knockout punch of wisdom.

But, oh, there's more! We can't forget the humor among the nitty-gritty chaos. "I speak fluent sarcasm – it's my second language" is the chapter's comic relief, a quirky reminder that words aren't always serious business. Buckle up, wordsmiths, because this is a joyride with insights, wisdom, and a side of laughter!



Steps for Reclaiming The Power Of Your Word:

Think about it. What is the one thing we do when we gather with friends or family, really anyone! We complain. OOOhhh this hurts, and I am always so tired because I have to do everything by myself.

Then we start comparing who's life is worse like it's a competition. "My husband doesn't lift a finger, or my wife is always nagging me. How about, some alien took my teen and they are driving my nuts!

Then the gossip begins. You know the juicy news about who is doing whatever, or adding to a story you already heard but may add just a little bit on to make it more interesting?

I guarantee that as soon as you turn your back, your the one who's talked about.

Maybe your strong enough to take it, but for kids, it could crush their self esteem, and spiral them down a path of depression, even suicidal thoughts. Oh, and these thoughts may stay with them for the rest of their life.

"It takes 20 years to build a reputation, and five minutes to destroy it"- Warren Buffet

Are you building or destroying it?

WAIT

Why Am I Talking

This is WAIT comes in. It stands for Why Am I Talking?

Take a few moments and think about the last conversation you had, or maybe a few of them.

Were you speaking because you wanted to sound important? Maybe you were one of the ones participating in complaining.

So challenge yourself before you speak and ask yourself “why am I talking?” this awareness can change your life.

Are you spreading love or hate?

Then the magic question. “What do I want to think instead?”

“I am talking to you, but the moment I am talking to you, the universe is being created and destroyed”-Paulo Coelho

Are you creating or destroying it?

Chapter 2: Your Power, Your Inner Voice

What do you secretly say to yourself when you are going about your day? “Everyone’s going to think I’m a slob for leaving dishes in the sink!” How about “I hate my body, look at these stretch marks!” Or, “I’m so stressed I’m going to pull my hair out!” Well, I bet you still have hair, but you do feel more depressed. Do you find yourself comparing yourself to others? All those perfectly posed pictures on social media can often make us question, what’s wrong with me? The truth is nothing. Would you tell your best friend any of these things? No! So, it’s time for us to be our own best friend. When you do this you will find a shift in the way you talk to others. Stop saying sorry!” Sorry, I’m Late.” Try, “Thanks for waiting.” Instead of thinking what if everything goes wrong, change it to What if everything works out right?



Steps for Reclaiming Your Power, Your Inner Voice

Be Aware: First things first, notice when you're talking to yourself. Pay attention to those internal conversations.

Positive Vibes Only: Swap out negative thoughts for positive ones. Instead of saying "I can't do this," try "I'll give it my best shot." It's a game-changer.

Banish "Should" and "Must": These words can carry a ton of pressure. Swap them out with "could" or "choose to." It puts

Celebrate Small Wins: Don't wait for the big victories. Celebrate the small wins too. Finished that task? Treat yourself to a little reward. you back in control.

Embrace Mistakes: Everybody messes up. Instead of beating yourself up, see it as a lesson. What can you learn from this?



WAIT

What Am I Thinking?

Have you ever actually checked in with your thoughts?

You could be ruminating about something that happened the last hour, day, or years, but it isn't happening now!

All your doing is creating a story that will make you feel bad. You might suddenly get sad, angry hurt, revengful.

So ask yourself, **“what do I want to think instead?”**

Pay attention to what is actually happening at that moment, and you have the power to change your thoughts to positive ones. Try it, and your mood will rise, people will like being around you and over all you will feel better!

“We cannot solve our problems with the same thinking we used when we created them.”- Albert Einstein

Chapter 3: Your Power, Your Narrative



Pretend you have a blank piece of paper, and you can write whatever you want on it. Creating your own life story, and as the saying goes, "Life is 10% what happens to us and 90% how we react to it." So, why not choose the upbeat route? Remember, "Your attitude determines your direction." Embracing positivity is the secret sauce to turning mundane moments into extraordinary memories.

Laugh in the face of challenges, and soon you'll find them surrendering like defeated foes. Crafting a positive narrative isn't about denying reality; it's about framing it in the best possible light. After all, as Maya Angelou said: "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." So, adapt, smile, and keep crafting your own feel-good story!

Steps for Reclaiming Your Power, Your Narrative

Visualize Success: Picture yourself succeeding and achieving your goals. Visualization can help boost confidence and motivation.

Set Realistic Goals: Break down larger goals into smaller, achievable steps. Celebrate your progress along the way.

Learn from Criticism: Instead of taking criticism personally, see it as a chance to grow. Extract constructive feedback and use it for self-improvement.

Create a vision board: that has images of the things you want in your ideal life.



Steps for Reclaiming Your Power, Your Narrative

Lift others up with your words. Compliment, encourage, and support those around you. Your positive energy not only influences your life but also ripples into the lives of others.

Speak Your Truth: Be authentic and true to yourself.

Self-Care: Take care of your physical and mental well-being. When you feel good physically, it often reflects in your self-talk. Exercise, proper sleep, and healthy habits contribute to a positive mindset



Chapter 4: Your Power, Your Silence

Ever notice how we've got two ears and only one mouth? Maybe that's the universe's way of saying, "Listen up!" We are diving into the underrated superpower of listening. As the wise old saying goes, "Most people do not listen with the intent to understand; they listen with the intent to reply."

So, let's flip the script and tune in with the power to understand. "You've got two ears and one mouth – use them proportionally." Turns out, he was onto something. When you avoid all distractions and really pay attention to the other person, you are unconsciously saying, "I see you and you are important to me".



Steps for Reclaiming Your Power, Your Silence

Tune in: Focus on what the other person is saying. Pay attention to their words, tone, and body language.

Mirror magic: Reflect back what you've heard to show you're engaged. A simple "So what I'm hearing is..." can go a long way in making the other person feel heard.

Nod : non-verbal cues can speak volumes. Nodding your head or giving a subtle "mm-hmm" lets the speaker know you're tuned in.

Eye contact: Look the person in the eyes. It's not a staring contest, but maintaining eye contact shows that you're present and invested in the conversation.

“I’ve never regretted my silence, but my speech I’ve regretted over and over” Umar-

Steps for Reclaiming Your Power, Your Silence

Be patient. Silence isn't always awkward. Allow pauses for the other person to gather their thoughts. It's like giving the conversation a chance to breathe.

Ask, don't assume: Instead of assuming you know what someone means, clarify by asking questions. It shows you're genuinely interested and want to understand their perspective.

Phone on snooze:

When someone is pouring their heart out, the last thing they need is your phone buzzing with notifications. Keep distractions at bay to show respect.

Express Empathy: Put yourself in their shoes. Try to understand not just the words they're saying, but the emotions behind them. It's the secret for connecting with others.



Conclusion

As you close the captivating pages of "The Power of Your Word" let these words linger like a friendly neighbor's advice. Remember, as Maya Angelou wisely put it, "Words mean more than what is set down on paper. It takes the human voice to infuse them with deeper meaning." So, speak with intention, for your words have the power to shape your reality.

As you navigate life's journey armed with the wisdom from this book, remember the profound insight of Eleanor Roosevelt, "Great minds discuss ideas; average minds discuss events; small minds discuss people." Choose your conversational path wisely.

And, in the spirit of light-heartedness, let's not forget the golden rule of humor by Mark Twain, who quipped, "The human race has only one really effective weapon, and that is laughter." So, keep smiling and weaving the magic of your words into a fulfilling life!

Be your own best friend, speak with intention, and listen to others. These are the keys to holding

"The "Power of Your Word."

