

THAT'S ambitious

AIM STAGE Course 4 – POSITIVE CONVERSATIONS

PART 1 – A Constant State of Awareness



Your _____ leads to your _____, which triggers your _____, which leads to your _____, which equals your _____.

Watch your _____ for they become your _____.

Watch your _____ for they become your _____.

Watch your _____ for they become your _____.

Watch your _____ for it becomes your _____.

In order to hold a positive conversation, you must first become AWARE of your own choice of words.

What “triggers” exist in your life to keep you in a state of holding negative conversations? (Triggers create worry, doubt, fear, sorrow, and pain in your life. List 4 obvious triggers that create negative feelings in your life). What you are AWARE of that you can change!

1. _____

2. _____

3. _____

4. _____

PART 2 – The Tree of Life



Use this space to draw.

Trigger Indicators (reactive behaviors):

- Blame Others (weather, politics, boss/job, money, season, traffic, kids, parents etc)
- Deny any Accountability (not my fault, bad luck, accident, etc)
- Justify the results (weather, politics, economy, divorce, parents, etc)

Negative people need company. They will want to suck you in! You know them. Maybe you work with them, live with them, or hang out with them. They complain, they vent, they criticize, they blame. These people always seem to look at the world cynically.

PART 3 – Words That Disempower



_____ This qualifier is used to minimize ourselves, our possessions, and our accomplishments. Have you ever introduced yourself by saying “I’m _____ a stay at home mom” or “I’m _____ starting out in my business?” It greatly devalues your amazing contributions!

_____ This is a waiting place. The state of waiting keeps you in a state of hoping. Choose to be in a state of “doing”

_____ negates everything that was stated before it. Never say _____. Replace it with “however”

_____ is a day that is not on the calendar. It’s a lie you tell yourself. It means your level of commitment is pretty low and keeps you in “the waiting place”. You’ve resigned yourself to fail in this area. Beware of “Soon” and “Later,” as well.

_____? This is being in the “victim” state. When we ask “why is this happening (or not happening)?” or “why would this person have this or that (and I don’t)?” This too, is the waiting place. Why me keeps you immobilized. In the state of “inaction”. Why me gives power to everyone else but yourself. Stop giving away your power. Own your power, and start asking a different question “what action can I take today to “do, be or have” what I really want in my life?

_____ can always be followed with “However, I can do the research or call person ABC for the answer”.

_____ You are in a state of feeling betrayed. It is not our job to judge what is fair or isn’t, but to learn the lesson, find the blessing, and use it to become a better person.

_____ I am not 6 feet tall, I’m not qualified, I’m not rich, I’m not smart enough. When you focus on what you are not, you will always come up short. Focus on what you are and what you do have instead of what you are not, and what you don’t have.

_____ Is a low level of commitment and makes it okay to fail without a fight. Yoda quote (from the Star Wars movies) that says “*do or do not, there is no try.*” Try “I will” instead.

_____ is the state of “worry”. You are projecting yourself into the future instead of living in the now. Worry is a mind trickery, to keep you feeling safe. It’s an illusion.

_____ The brain does not understand don’ts, therefore, they create the opposite of what we desire. If I say to you now “Don’t think of a purple apple,” what image came to your mind? I think I may just know!

_____ a more subtle form of “I can’t,” or “I’m not worthy of.” It keeps you in the “state of hoping”. I wish I was rich. Turn that into “I’m in the process of becoming an excellent money manager”.

_____ we choose everything we do. Yes, there are “Have to’s on the way to your want to’s” But Have To’s are purposeful choices designed to get you what you want. We never “have to,” we simply do or *get to* do. You don’t have to pay the bills – many people choose not to pay bills or to have bills. You choose to pay your bills on time to have excellent credit so you can invest in real-estate.

_____ one of the most debilitating words in existence because of its negative energy. Get this out of your vocabulary all together.

_____ there is always a way! (example of the seed in the garden)

_____ Indecision may as well mean inaction and procrastination. It’ll keep you in the waiting place.

_____ (I’m possible). Change the way you look at things, and the things you look at will change.

PART 4 – How to turn a negative conversation into a positive one.



YOU CAN empathize but _____.

DO NOT feed into it by getting sucked into their drama. If you do, you are _____ them and reinforcing their thirst for negativity. If you respect them, end the negative conversation with “that’s a shame” and move on to your positive conversation! Example: “I learned something this week. Is it okay to tell you about it?” (SHIFT THEIR ENERGY WITH A QUESTION)

_____. We don’t do enough of it as humans. Compliment a behavior - not a look, style or shoes (in this day and age it may be inappropriate). For example: “I’m impressed with how much positive energy you have this morning”. Or “I’m impressed with how you handled that situation”. “I’m impressed with how you attract new things into your life, how do you do it?”. “I really love the colours you choose, I will have to adopt new colors into my style”.

_____ And _____

“So, what I am hearing you is you don’t like this. How can we move forward on this?” “I’m hearing you’re upset about this, how can I help/” “I feel you are challenged by this. Is this correct? Can I help?”

_____? The bad news is YOU CAN’T FIX THEM! Only they can fix them. The complainer can be in a permanent state of “victimhood” and are often toxic in the lives of people they care about. **THE GOOD NEWS IS YOU CAN CHOOSE HOW TO _____ with**

complainers. Refuse to engage! Set YOUR boundaries and make it your rule to never get caught up in the drama. Say something like “Isn’t that interesting” or “Is that so?” Don’t spend a great deal of time listening to someone rattle on about everything that’s wrong in his or her life. It’s far too costly to your peace of mind and productivity. Set a time limit for yourself with these types of people (1 minute rule, 3 minute rule, 5 minute rule - you decide your boundaries), and stick to it.

If you’re at work, say something like “That’s a shame. I really have to get back to my project now.”

If it’s a relative - set the expectation early “Mom, so glad you called. I was thinking of you. Unfortunately I only have 5 minutes right now. You okay? How can I help you?”. Exit with a bit of news of your day, train your Mom to only hold positive conversations. Over time, she understands your rules without you stating them.

Be _____. Be _____. Be _____. Be _____ and live by your own _____.

Empowering Words

Yes!	I’m proud of you	I’m open
I choose...	I agree	I support that
I’m blessed	Thank you!	I hear you
I accept that	I’m deeply committed	How can I help
I love you	I’m motivated	I see you
I appreciate you	I’m passionate	I feel you

I'm listening

That's logical

That's Brave (takes
Courage)

I admire ...

However

I trust you

I respect you

I feel safe

I feel valued

I feel loved

I believe in you

I'm confident

I have faith...

This is temporary

I'm happy...

PART 5 – The 30-Day Challenge.



“It’s okay to be scared. Being scared means you’re about to do something really, really brave.”

“Hardships often prepare ordinary people for an extraordinary destiny.” – CS Lewis

Wake up thinking about what you will be able to achieve today rather than waking up with the regret of what you couldn’t accomplish yesterday.

That’s Ambitious’ 30 Day Challenge on Holding ONLY Positive Conversations Agreement

- Begin each day with a DEEP commitment to pay attention to your words and how they are affecting you and others TODAY.
- FOCUS ON WHAT YOU DO want instead of what you don’t want. Talk about what might be possible and how to achieve it instead of seems NOT POSSIBLE
- Practice shifting negative interactions into positive ones:
 - If you catch yourself thinking negatively or engaged in a negative conversation (complaining, blaming, shaming, putting yourself or others down, criticizing - pull the band on your wrist)
 - ACTIVELY seek new information and knowledge each day - quench your thirst for new wisdom
 - Proactively build meaningful connection with people in your life

- BE IN A STATE OF attracting new possibilities.
- Create a positive SPACE in your life (den, office, garden - for positive interactions only). If you slip, pause in this space to reflect. And use the band!
- ACCEPT THE CHALLENGE ANEW EACH NEW DAY.
- At the end of each day track any correlation with your conversations and the new outcomes in your life. Journal, Facebook, Instagram, etc. If you don't monitor this, you'll never be conscious of your true potential!

I _____ (signature), deeply commit to the 30-Day Positive Conversation Challenge. I promise to hold myself accountable in holding higher conversations. I choose to become consciously aware of how my words negatively infect or positively affect others in my life. I choose this to gain and share this wisdom with those who come into my life that may also desire and benefit from this knowledge.