

POSITIVE LANGUAGE



Regardless of age or culture, we have far more words in our vocabulary that express negative feelings rather than positive ones.

Why is this, you ask? Various studies have produced similar results: It's evolutionary. It is because survival and quality of life might be at stake, so we are hard-wired to see, hear, and feel negativity in order to protect ourselves. As humans, we can glance over positive feelings, and combine them with neutral feelings so we have the energy to react if something negative happens. Basically, it's easier to *deal with* joy and happiness than it is with shame and fear.

The answer to this - as trite as it may be - is to stop and smell the roses.

When positive feelings or situations happen for you, even a five-second acknowledgment can alter your brain waves, your mood, and your vision of a future state. What is even more powerful is to share this with others. When we call out the good around us, not only do we release serotonin in our bodies, making us feel happy and fulfilled, but we help others release oxytocin in their bodies, which makes them feel all warm and fuzzy.

So, let's practice!

A stylized, cursive signature in teal color, likely representing Monique Helstrom. The signature is fluid and elegant, with long, sweeping lines.

POSITIVE LANGUAGE

TURN THE FOLLOWING NEGATIVE SENTENCES
INTO POSITIVE ONES.

01

I'm never going to get ahead of my workload. I have no choice but to work late every night this week.

02

You should clean your desk. It's always a mess.

03

My Executive can't make the meeting tomorrow and I, unfortunately, have to reschedule

04

I don't want to work on the board meeting. You always give me projects that I do not enjoy.

05

I hate it when they put bacon on my salad.

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06

I'm not unhappy with your work.

07

You may have tried your hardest, but you still didn't do it right.

08

You never listen to me.

09

I don't want to have to tell you again.

10

We can't go to the park now. I'm busy.