

The Power of the Tongue

By Chris Widener

There is an old proverb with a lot of wisdom. It says, "The tongue has the power of life and death, and whoever loves it will eat its fruit."

It is so true. What we say has the ability to create situations, emotions, and thoughts in others. A kind word helps people, negative words hurt – sometimes for a very long time.

Most of the time we think of this concept in relation to how we treat others and that is good. In fact, I wrote an article in the last month or so called "The Power of Praising People." If you missed it, you can get it at the website.

But here I want to talk about this concept in relation to ourselves. How does what we say affect us? Tremendously. There is a simple principle here. Only say things that will create in you positive emotions, thoughts, feelings, and ultimately, actions.

Let me give you a good example. We do not allow the words "I can't" in our house. Why? Because we CAN! The very minimum is "I'll try." We ask our kids to say "I'll try." If we allow our kids, or ourselves, to fall into the trap of saying "I can't," guess what? We won't! And that's not good, is it?

Do you tell yourself negative thoughts during the day? Most of us can fall into that temptation, can't we? I was working the other day and I was brewing over something bad that had happened and I was just getting bent out of shape. So I stopped, realized I had the power to choose what I was saying to myself and began to think about and tell myself good things. And my day changed for the better.

Have you ever been in your backswing on the golf course and said to yourself, "I am going to shank this one." What happens? You shank it. This actually happens to me. So what do I do? I stop my backswing, reset myself, and tell myself I am going to hit it straight down the fairway. What happens? About half the time I hit it straight, the other half, I shank it, but increasing your ability is a future article! At the very least I increase my chances of performing better. Bad thoughts almost guarantee my failure, while good thoughts increase my chances for success dramatically.

A salesman may see someone walk through his door and say to himself, "I'm not going to be able to make this sale." I can't. I won't.

Some of us aren't even aware that we talk negatively to ourselves. Take some time today to think about what you say to yourself. Maybe ask a close friend if you have this habit. If you find yourself doing this, it is time to change!

Now, don't get me wrong. Self-talk is not a substitute for effort and ability, but it is a strong helping factor. Find some simple phrases that will help you get through the day with more success. Whatever your situation or work is, I am sure there are specific things you can say that will build you up and stick you on the road to success!

The words that you use and the conversations you have with yourself create things in you. They can create positive things or negative things. It is our choice. The tongue has the power of life and death. This is why it is so important to be diligent in using the power of the tongue to create a positive force in our lives.

Remember, your tongue has power. Use it!

Chris Widener is a popular speaker and writer as well as the President of Made for Success and Extraordinary Leaders, two companies helping individuals and organizations turn their potential into performance, succeed in every area of their lives and achieve their dreams. Join subscribers in over 100 countries around the world! Get Chris' FREE weekly Made for Success Ezine by sending a blank email to success-on@mail-list.com. Visit his websites at <http://www.madeforsuccess.com> and <http://www.extraordinaryleaders.com>. Copyright 2002 Made for Success. Used by permission. All rights reserved worldwide.

Article courtesy Bob 'Idea Man' Hooey, <http://www.ideaman.net>