# Enlightened Vocabulary

#### **OVERVIEW**

It is not the size or number of words one uses that's important, it is rather how the vocabulary (words and phrases) effect the manner in which they and others think. Enlightened Vocabulary supports you to choose the best words that lead you to the greatest possible results.

### SPEAK THEIR LANGUAGE

If you want to reach people, you must speak their language in a way that engages them.





## LIKE PEOPLE

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| COMMUNICATE WITH IMPACT |  |
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| CONTRAST | CLARITY |
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| BRIDGES & BARRIERS |
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## ENLIGHTENED VOCABULARY

| -DISEMPOWERING                      | +EMPOWERING  |
|-------------------------------------|--|
| l can't                             | l will or How can l  |
| I should / I need to / I have to    | I choose to / I expect to / I am                             |
| You should / You need to            | What do you think would work best for you                    |
| This is a problem                   | This is a challenge  |
| I have a long "to do list"          | I am excited about creating my accomplishment list           |
| I hate to                           | I prefer to  |
| I'm overwhelmed                     | I have an abundance of opportunities, I choose to prioritize |
| I'm tired                           | I create more than enough energy                             |
| l'II try                            | l will   |
| I'm ticked off                      | I'm a little disenchanted                                    |
| She is aggressive                   | She is gracefully assertive                                  |
| We can't afford that                | How can we get this, Let's plan a way to make it happen      |
| l don't have enough money           | How can I budget that to make it work                        |
| I'm not smart enough                | I have all the skills I need to make that happen             |
| Change                              | Adjust or enhance  |
| l just don't have time              | How can I make the time                                      |
| I don't want to do this             | How can I find a way to make it more fun                     |
| I should get out of my comfort zone | I choose to enlarge my comfort zone                          |
| I don't have time                   | I choose to prioritize                                       |
| I'm so stupid                       | I just need more information                                 |
| I'm frustrated                      | How can I do   |
| I'm working as hard as I can        | How do I prioritize to make things easier                    |
| This is too difficult               | How can I simplify the process                               |
| I'm so stressed                     | I am in charge of my life                                    |
| I can't get it done                 | All things are possible                                      |
| When the kids go back to school     | Now is the time to accomplish                                |
| l won't                             | I would rather   |
| I'm not doing well                  | I am making progress   |
| No one gets it                      | I will help them to understand                               |
| Why does it always happen to me     | What can I do to get better results                          |

Created by Nicki Keohohou & Grace Keohohou, Co-Founders of the DSWA





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