



Language Matters

By Julie Fuimano, Personal Development Expert & Success Coach

“Language is never innocent.”

Language – both spoken and thought – is never innocent. The words you use in conversation and with yourself leave an impression. Every word you utter impacts the person to whom you are speaking and to the universe at large. So be careful the “things you think” and the things you say.

Intra-Communication

You talk to yourself all day long. What station are you playing? What do you spend your time listening to? Do you talk positively to yourself - discussing ideas, laying plans, creating, or cheering yourself on? Or do you berate, belittle, and put yourself down, focus on what you have yet to do, or recap the mistakes you’ve made? Whatever you think about, you bring about, so it’s important that you tune in.

That’s the first step: awareness. Pay attention to what you say to yourself all day long. As you begin to notice, then you can choose to think differently. There are two different things going on here. One is the random thoughts that merely appear in your mind. There is no stopping them; they just float in. While you cannot control these thoughts, the more positive you are about the thinking you do and your communication in general, the more these thoughts will become productive, positive, creative thoughts.

The other ‘thinking’ is the active thinking that we do control. This is when you start to consider things or start talking to yourself – in your mind. These thoughts are completely in your control! Once you notice the words you’re using, you can ask yourself whether this language and these words are moving you forward. Is the discussion you’re having with yourself positive, and will it help you to bring about the results you want in your life?

Results are your measuring stick. Are you happy with the results you’re experiencing in your life? Your life today is the culmination of all of the thoughts you’ve thought and words you’ve spoken until this moment. You created this life you are living by *how you think*. At any moment, you can choose to think differently in order to create different results. Results take time to manifest so the sooner you start, the sooner you bring about more positive results. The process of manifestation is thinking → feeling → actions → results. Thinking leads to how you feel about something which creates actions which bring about results. Actions are the bridge from your inner world to the outer world. If you want to change your outer world, start by changing your inner world. A Professional Coach can partner with you to guide you through this.

Interpersonal Communication

In communicating with others, take yourself more seriously. Take your conversations to the next level. Make every exchange a purposeful and intentional encounter. If it’s not positive and meaningful, then stop having the conversation. If it’s not beneficial, if it’s not the best way to spend your time, then do something about it. Be careful about what you feed your mind! Your mind is a fantastic tool; it requires only the best fuel in order for you to get the most out of it. People who are long-winded are not respectful of your time. They don’t do it intentionally; they may just not know how to express themselves clearly. People, however, do not steal your time without your permission. Learning how to ask others to get to the point can be done graciously and courteously. Awareness of its occurrence has to happen first. Then, you can ask the person what it is they want you to know. At the next encounter with this person, you can let them know you have a time limit to spend with them. And you need to stick to that limit! Eventually, the other person will get the point that they need to get their thoughts across more succinctly.

Be direct in *your* communication. Get in and get out. Say what you want to say then ask the other person what they heard in order to accept responsibility for how your words are received and understood. This is a skill that requires practice. After each encounter or at the end of each day, assess how well you did. This is how you can use your thoughts to promote your personal growth and development. And then, do better next time.



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You also need to consider how you want the other person to feel. Concerning yourself with how others feel when they are in your presence is an important part of languaging. It's emotional intelligence, which is an important part of leadership. If your intention is to have others feel good in your presence, then you will focus your words in order to attain that result. The energy exchange will be positive and you become an attractive person to be around – people want to be in your presence.

Every thought and every word you speak needs to be unconditionally constructive. What that means is that your intention is to move you or other people forward. If it's unconditional, it means absolutely, in totality, and categorical. If it's constructive, it means productive, useful, and beneficial. Becoming unconditionally constructive starts with *you*. You need to be good to yourself; you need to take care in how you treat yourself and how you speak with yourself. If you do that, then you will naturally take care in how you speak with others.

If you take care in the words you choose, if you take the time to be purposeful and intentional, if you practice – knowing that it takes time to become an effective communicator – you'll become more effective in every area of your life: your relationships will improve dramatically, you'll experience more joy and satisfaction, and you'll achieve the results you want.

Julie Fuimano, RN, MBA, CSAC is named one of the TOP 100 THOUGHT LEADERS in personal leadership development. Your happiness and success is her business! Her coaching clients experience dramatic and profound results in their productivity, level of confidence, and their relationships. As a certified coach, accomplished writer, and motivational speaker, Julie empowers your personal best and teaches you simple, practical tools for meeting your goals, communicating effectively, establishing good boundaries, managing your emotions, and enjoying yourself at work and at home. Visit www.NurturingYourSuccess.com to learn more about coaching with Julie or contact Julie@NurturingYourSuccess.com to have her speak at your next meeting or conference. Subscribe to her blog at www.NurturingYourSuccessBlog.com.



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