

This is my life
This is my time
I believe in me
I believe in my dreams

I feel the leader in me
It's coming through me
It's growing in me
It's showing, yeah, yeah
There's something big happening
It's perfect timin'
It's my true calling, yeah

I'm unstoppable
Exceptional
Incredible
My dream is coming true in my life...

The alarm of life goes on
And I'm ready to take it on
Nothing is stopping' me
From getting to my DREAM
I'm feeling empowered now
My soul strengthens me
I can do, I can do
ANYTHING

I'm unstoppable
Exceptional
Incredible
My dream is coming true in my life...

This is my life
This is my time
I believe in me
I believe in my dream

Welcome To: The POWER of WORDS Workshop

*Using EMPOWERING WORDS that align and advance
BVS Mission and
Accelerate YOUR Results*

Presented by

theROFactor

**Personal / Professional Development
Life Coaching Company**

Manifesting Dreams into Reality



Rose Lucille, LMC,
MA, BS

Rose is a personal and professional development coach and trainer. For over 20 years, she has helped organizations and individuals build their dreams and accelerate their results. Her journey as a successful entrepreneur and business owner fueled her passion to educate, serve and support others so they too can create richer, more fulfilling lives.

As a LMC (Life Mastery Consultant), she inspires and empowers others to live their highest vision. Her passion is teaching clients to unlock their potential and live a life they absolutely LOVE!

As a sought-after speaker and coach, Rose has offered transformational workshops globally. (*Europe: Croatia, Costa Rica and U.S.A.*)

Whether it's a short 10-minute talk, a 'Lunch & Learn' training, a motivating keynote speech, or an afternoon workshop – your team, organization, or company will be ignited by this training, and they will "THANK YOU"!

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832-563-0140

Alma Mata



Texas Southern
University, MA
Class of 1995



Northeastern State
University, BS
Class of 1988



Daniel Webster High School
Tulsa, Oklahoma
Class of 1984







CHANGE/TRANSFORM YOUR WORDS

CHANGE/TRANSFORM YOUR WORLD

Cada palabra que dices y escribes tiene el poder de hacerte sentir mejor o peor, ayudar o entorpecer. Puede que no seas consciente de cuánto te está afectando tu idioma, pero afecta cada área de tu vida. Cuando usas palabras que generan vida, como la afirmación para ti mismo y para los demás, crea un efecto que se perpetúa a sí mismo: una cosa buena lleva a otra.



TRANSFORM YOUR WORDS

Post it Note Exercise

Write down 3 word(s)/phrase that DO make you feel good when You say or hear them?

Escriba 3 palabras/frases que Sí lo hagan sentir bien cuando las diga o las escuche.

Write down 3 word(s)/phrase that DO NOT make you feel good when You say or hear them.

Escribe 3 palabras/frases que NO te hagan sentir bien cuando las dices o las escuchas.



The Intention

- 3 Principles to Unlock the keys to Your Empowering Words
- Greater Awareness/Clarity on your thoughts and your word choices
- Feel even more confident in your abilities to speak life generating words



My GIFT for You



Numbers Activity



Objective:

Find as many numbers as you can in numerical order beginning with the number ONE, ...

Locate the number(s), then write it down

Objetivo:

Comenzando con el número UNO, encuentra tantos números como puedas en orden numérico...

Ubique los números y luego escríbalos

Ready... Set...GO!!!!

EN SUS MARCAS, LISTOS, FUERA




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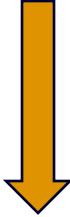
THE POWER OF VISION

15
27 47 3 23 8 40 36 20
19 24 12 32
43 11 48 4
39 35 16 28
7 31 44
10 6 33 49 17
14 22 1 45 25
30 38 13 37
42 46 21 41 5
2 50 9
26 34 18 29


15 27 47 3 23
19 43 11
7 39 35 31




8 40 36 20
24 12 32
48 28
16 44



10 14 6
30 22 38
42 46 50
26 2 34 18



33 49 17
1 45 25 37
21 41 5
29 9



THE POWER OF **WORDS**:

3 Keys to Building Brave Language
and Mastering Your Results



An architectural floor plan of a house, showing various rooms and their dimensions. The plan includes a Dining Room, Kitchen with an oven, Powder room, Family Room, and Stairs. A dashed line indicates the 'LINE OF FLOOR ABOVE'. The text 'EXPAND YOUR AWARENESS' is overlaid in large, bold, red letters with a white outline and drop shadow. A white architectural model of a house is visible in the bottom left corner.

EXPAND

YOUR

AWARENESS

Principle #1



4 Domains of Life



The Results Formula

Thoughts → Feelings → Actions → Results

because
because
because

be CAUSE

be CAUSE

be CAUSE

because
because
because

Results never lie...



Tuning Your Attention Activity



Reticular Activating System



**where your
attention goes
your energy flows**

Bring into our
awareness what we're
looking for, and filter
out what we are not
looking for



THE POWER OF VISION



Designing Your Dream

Principle #2





CLARITY IS POWER





BLUE VALLEY SCHOOL'S PHILOSOPHY

Three fundamental principles:

(Adapted from IBM's principles, established by Tom Watson when he founded the organization.)

RESPECT FOR THE INDIVIDUAL - Individuals must first respect themselves to be able to act responsibly towards others. They must also be ready to accept the consequences of their choices.

A QUEST FOR EXCELLENCE - Although the school focuses primarily upon the academic aspects of the students' needs, since this area is considered our main responsibility, teachers question the students at higher cognitive levels requiring them to analyze, synthesize, and evaluate using inferences. They stimulate and encourage creativity and "thinking out of the box."

SERVICE - We approach service in two directions: service to the students and service by the students towards their fellow human beings and to their environment.



TIME MACHINE EXERCISE

We're going to unlock your imagination with this simple question "WHAT WOULD I LOVE?" Imagine you are in a time machine and it's 3 years from today and everything you would love has already worked out. The question is, WHAT WOULD YOU LOVE TO SEE, TO BE, TO HAVE in your VOCATION at Blue Valley School? You have 2 minutes to write down this amazing vision. Write this at the top of your paper: "I am so happy and grateful now that" insert your vision statement here. Avoid using the condition-based words: HOW/BECAUSE/WHY/SO THAT. Write using vision-based language: present tense, positive words, use feeling tones, be specific.

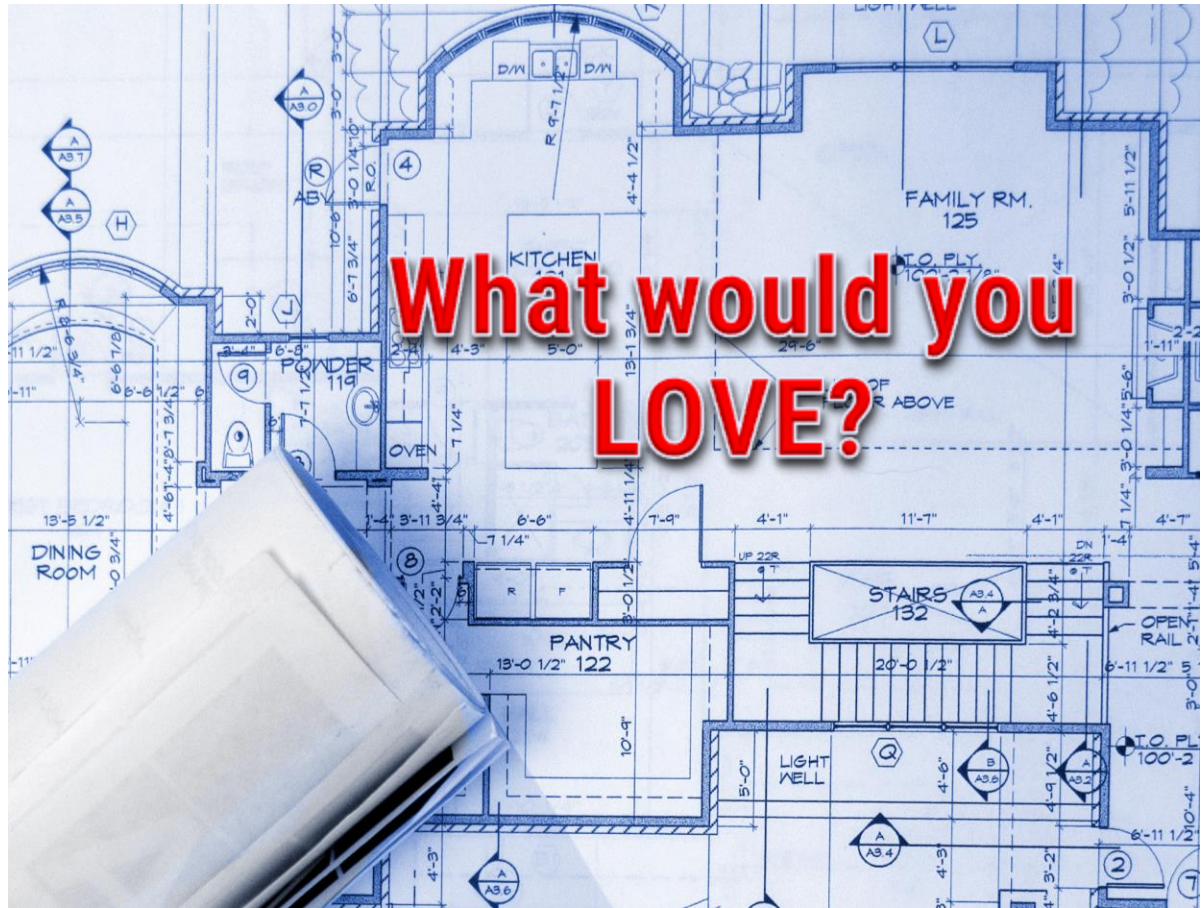


Time Machine → 3 Years



What would I LOVE?





I am so happy and grateful now that...



15-minute break





Building

Empowering

Language

Principle #3



Building Empowering Language

CONDITION-DRIVEN LANGUAGE	VISION-DRIVEN LANGUAGE
TRY	DO
I NEED	I WOULD LOVE
I CAN'T	I CHOOSE
ALWAYS/NEVER	SPECIFICITY
IT'S EXPENSIVE	IT'S JUST A NUMBER
I HAVE TO	I GET TO
IT'S HARD/TOUGH/DIFFICULT	"UP UNTIL NOW...."
NO PROBLEM / NO WORRIES	MY PLEASURE
IT'S EXPENSIVE	IT'S JUST A NUMBER
I HAVE TO	I GET TO
WHY?	WHAT NOW? WHAT NEXT?
I WILL / COULD / SHOULD / WOULD	I AM



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Building Empowering Language

1. **VISION-DRIVEN vs. CONDITION-DRIVEN THINKING**
2. **LONGING and DISCONTENT** ask: What are you longing for?
Things have not yet occurred.
3. **What are you discontent with? Unhappy with current results or would like to see improvement**

Key Components to use when building empowering language statements.

- ✓ Start with **gratitude**. “I am so happy and grateful now that...”
- ✓ Speak in the **present tense**.
- ✓ Use **positive words**. Words are a vibration of energy, so we use words that are positive.
- ✓ Also include **feeling tone**.
- ✓ Be **specific**. Paint the picture with your words so you can really see it.



CASE STUDY



THE POWER OF **VISION**



Case Study

Sarah has been struggling academically, particularly in reading and writing, and her grades have been steadily declining. Sara is depressed and believes she always fails tests and quizzes and she's just not good at reading and writing. What empower words statements would you share with her?



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THE POWER OF VISION

Give ourselves permission
to fail enough to
SUCCEED



YFOURA DDOUBTREAMWORRY

Take Action

What is ONE action step you
can take that would move
you in the direction of your
DREAM?



PROGRESS

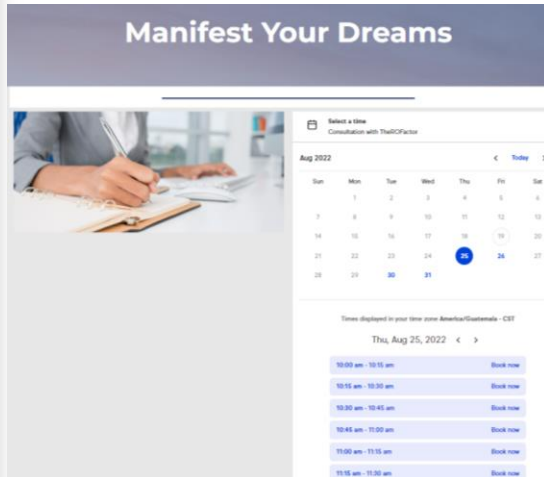
is more important than
perfection



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Complimentary Coaching Session



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The Power of Words Workshop Assets



<https://therofactor.com/blue-valley-2023-2/>



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**What would you
LOVE?**

