

**YOUR WORDS
DRIVE YOUR
BEHAVIOR**



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When you look at yourself in the mirror, what do you see? When the people around you look at you, what do they see? Do different views about you align? Now take a look at your past and future goals. How successful were you in achieving them? I ask these fundamental questions because your ability to achieve goals is directly influenced by who you are as an individual. The way you behave conditions your approach in life, and a positive and objective achieving approach goes hand in glove with great behavior.

If someone who knows you were to describe to you, what words would they use? Would they say you are ambitious or big-headed? Active or manipulative? Enthusiastic or aggressive? All these are words used to describe someone's behavior, and they all play a role in one's ability to achieve great success in life.

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As a person, you need to work towards some goals and objectives otherwise; you have no purpose of living. If you have some goals already set up, be it short term, medium-term or long term, that is a great start. You are on the right track. However, if you do not channel the proper behavior and character, your goals will not live long enough to bear fruits. You can't expect to have financial freedom if you are too lazy to even deserve your freedom. You can't expect to advance your career if you have a stagnant mindset. You will not get a loving spouse if you are an abusive individual. Your behavior needs to align with your objectives.

Anyone can change their behavior to align it with the things they want to achieve. You can move from sleeping on the job to taking more initiatives. It all begins by adjusting the words you use in your day to day life. Your words determine what you focus on, either consciously or subconsciously. The words you form in your mind and confess with your lips, your typing or handwriting stir emotions- these are the emotions that drive your behavior.

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When you choose to use aggressive words, you expand into an abusive person. When you choose to use calm words, you transform into a caring and approachable person. Every time you speak out, you are choosing words, and the words you choose shape your behavior. The question is: “Who are you shaping yourself to become?”

Your behavior, of course, does not entirely change from just uttering a few words now and then. It's the words you choose to use continuously and repeatedly that radically adjust your behavior. The words and phrases you consistently use to describe yourself, your goals, and your relationships are constantly on your mind. It is those that you should focus on changing, when you change those, your entire life changes. Changing your words changes your behavior; it changes your whole world and your approach to life.

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To change your behavior and influence your future, you need to start paying attention to what you're constantly telling yourself. Take note of the thoughts and phrases you regularly repeat. And ask yourself:

"What do these words confirm about my behavior?"

"Which bad habits am I cultivating with these words?"

"Do these words bring me belief and progress?" "Do these words make me feel good about myself?" "What limits are these words lifting or imposing on my life?"

Begin to change and replace every word and sentence that has a negative effect on your life. As you replace the negative words, you will notice a shift in your behavior, and new possibilities will open up to you. You will move from being a pessimistic individual to a person of hope and positive drive. You will shift from a victim mentality to a victorious mindset. You will transform from a passive non-performer, to a successful achiever!