



WORDS THAT EMPOWER

**HOW TO
HARNESS THE MAGIC OF YOUR WORDS**

JULIE FAIRHURST

Welcome

Introduction to "Words That Empower: Harnessing the Magic of Your Words"

Welcome to "Words That Empower: Harnessing the Magic of Your Words." I'm Julie Fairhurst, and I'm thrilled to guide you on this transformative journey. This book is an exploration of the immense power that words hold, and how you, as a woman, can harness this power to enrich every aspect of your life.

Our words are far more than mere tools for communication; they are the threads that weave the fabric of our reality. They have the power to uplift and inspire, to heal and transform, to build bridges and create connections. However, they also possess the potential to harm, diminish, and divide. Understanding and mastering this dual nature is key to unlocking the true magic of your words.

As women, our voices have often been undervalued or silenced. Yet, it is precisely our voices that hold the key to our empowerment. By embracing the magic of our words, we can break free from limiting beliefs, overcome obstacles, and create a life that truly reflects our inner brilliance.

Together, let's embark on this empowering journey. Let's discover the magic within our words and use it to create a world where our voices are heard, our stories are valued, and our potential is limitless. Thank you for joining me on this journey. Here's to the power of your words and the incredible woman you are destined to become.



Words That Empower: Harnessing the Magic of Your Words

Written by Julie Fairhurst

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BOOK DISCLAIMER

Hello, Lovely Reader!

Before we dive into the magical world of words, here's a little something to keep in mind: While this book is packed with tips, tricks, and tools to help you harness the power of your words, it's important to remember that the real magic lies within you!

Disclaimer:

- 1. No Magic Wands Required:** You won't need a wand or a cape to use the ideas in this book, but a dash of optimism and a sprinkle of courage will certainly help!
- 2. Results May Vary:** Just like with any good recipe, the results can differ. Your journey is unique, so take what works for you and leave the rest (or come back to it later!).
- 3. Side Effects:** Positive side effects may include increased confidence, bursts of inspiration, and an irresistible urge to share your story. Use with joy and share generously.
- 4. Not a Replacement:** This book isn't a substitute for professional advice, therapy, or your daily cup of coffee. It's a companion to support and inspire you along the way.

Remember, your words have power, but you have the ultimate power. Enjoy the journey, embrace the magic, and let's create some wonderful things together!



HEY, I'M JULIE

Unlocking the Strength and Potential in Every Woman

Julie Fairhurst is the Founder of the Women Like Me Book Program. She has published 36 books and helped over 160 women become published authors. Many #1 Best Selling Authors!

Julie, with 34 years of experience in sales and marketing, aids women entrepreneurs in building influence and authority to increase revenue. She is a Master Persuader and expert in human behavior, offering coaching on marketing strategies, sales techniques, and writing personal or business stories.

Julie is also a sought-after speaker, trainer, and prevention educator, delivering workshops on safety issues to various organizations. Julie's challenging upbringing and personal losses have inspired her mission to help women tell their stories, overcome obstacles and to live the best version of themselves.

LET'S DO IT!



UNDERSTANDING THE POWER OF WORDS

The Science of Language and Thought

Have you ever noticed how the words you use can change the way you feel? That's because our thoughts and words are closely linked. Scientists have discovered that the language we use shapes how we see the world and how we think about ourselves and others.

How Words Shape Our Thoughts

Every word you speak or think has a certain meaning and emotional charge. For example, think about the difference between saying "I failed" and "I learned something new." The first phrase might make you feel sad or discouraged, while the second one can make you feel hopeful and motivated. This shows how powerful words can be in shaping our thoughts and emotions.

The Brain and Language

Our brains are wired to respond to language in specific ways. When you hear or read words, different parts of your brain light up and get to work. For instance, positive words like "love" and "joy" can activate areas of the brain linked to happiness and reward. On the other hand, negative words like "hate" and "fear" can trigger stress responses.

By choosing positive and empowering words, you can actually change the way your brain works. Over time, this can help you develop a more positive mindset and better emotional health.

The Emotional Impact of Words

Words also have the power to affect your feelings. When someone says something kind and supportive, you probably feel good inside. But if someone says something hurtful, it can make you feel sad or angry. This is because words can evoke strong emotions.

By being mindful of the words you use, especially when talking to yourself, you can create more positive emotions. For example, instead of saying "I can't do this," try saying "I'm going to give it my best shot." This simple change can boost your confidence and make you feel more capable.

Self-Talk and Personal Growth

Self-talk is the way you talk to yourself in your mind. It can be positive or negative. Positive self-talk can help you build confidence, reduce stress, and improve your overall well-being. Negative self-talk, on the other hand, can hold you back and make you feel worse about yourself.

To grow and achieve your goals, practicing positive self-talk is important. This means replacing negative thoughts with positive, encouraging ones. For instance, if you catch yourself thinking "I'm not good enough," switch it to "I am capable and worthy."

Summary

The science of language and thought shows us that our words have a powerful impact on our minds and emotions. By understanding this, we can start to use language in ways that support our growth and well-being. Remember, the words you choose can shape your reality, so choose them wisely.



HOW WORDS SHAPE OUR REALITY

Have you ever considered how the words you use every day can change your life? Words are more than just sounds or letters put together—they have the real power to shape how we see the world and experience life.

Changing Your Perspective

The words you use can change the way you look at things. For example, if you say, "I have to go to work," it might feel like a chore. But if you say, "I get to go to work," it can feel like an opportunity. This small change in wording can make a big difference in how you feel about your day.

Creating Your Experience

Words help create your experiences. When you describe something, you're not just talking about it—you're also deciding how you feel about it. For instance, calling a situation "a challenge" instead of "a problem" makes it seem like something you can overcome rather than something that's holding you back.

Influencing Your Actions

What you say can influence what you do. If you constantly tell yourself, "I can't do this," you might start believing it and give up easily. But if you say, "I'll try my best," you're more likely to keep going and find a solution. Positive words can encourage you to take action and push through difficulties.



Shaping Relationships

The words you use with others also shape your relationships. Complimenting and encouraging words can build strong, positive connections. On the other hand, hurtful or negative words can damage relationships and create tension. Choosing kind and supportive words can foster better relationships with the people around you.

Building Your Self-Image

How you talk to yourself shapes your self-image, or how you see yourself. If you use positive and affirming words, you can build confidence and self-esteem. For example, saying "I am capable" reinforces a belief in your abilities, while saying "I'm not good enough" can make you doubt yourself.

Creating Your Reality

In essence, the words you choose act like a lens through which you view your world. Positive words can create a brighter, more hopeful reality, while negative words can darken your outlook. By being mindful of the words you use, you can shape a more positive and empowering reality for yourself.

Summary

Words are powerful tools that shape our reality in many ways. By choosing words that are positive and encouraging, you can change your perspective, influence your actions, build better relationships, and create a more positive self-image. Remember, the words you choose today can shape the reality you experience tomorrow.



IDENTIFYING NEGATIVE SELF-TALK

Negative self-talk is the unkind and critical voice inside your head that says things that make you feel bad about yourself. It can be sneaky and hard to notice because it often feels like a normal part of your thoughts. Learning to identify negative self-talk is the first step towards changing it and being kinder to yourself.

What is Negative Self-Talk?

Negative self-talk includes any thoughts that put you down, make you doubt yourself, or create feelings of anxiety and sadness. It often sounds like:

- "I can't do anything right."
- "I'm not good enough."
- "I'll never be able to do this."

Types of Negative Self-Talk

All-or-nothing thinking: Seeing things in black and white, with no middle ground. For example, "If I don't do this perfectly, I'm a total failure."

Overgeneralization: Making broad statements based on a single event. For example, "I messed up this one thing, so I'll mess up everything."

Mental Filtering: Focusing only on the negative aspects of a situation and ignoring anything positive. For example, "My presentation went badly because I made one mistake," ignoring all the parts that went well.

Discounting the Positive: Dismissing your achievements and good qualities. For example, "Anyone could have done that," when you accomplish something.

Jumping to Conclusions: Assuming things will turn out badly without evidence. For example, "I'm sure they don't like me," without any real proof.

Catastrophizing: Expecting the worst-case scenario to happen. For example, "If I make a mistake, everyone will think I'm incompetent."

Emotional Reasoning: Believing that your negative feelings reflect reality. For example, "I feel stupid, so I must be stupid."

'Should' Statements: Telling yourself things you think you should or shouldn't do, which sets unrealistic expectations. For example, "I should always be happy," which isn't possible all the time.

How to Identify Negative Self-Talk

- ***Pay Attention to Your Thoughts:*** Take a moment to listen to your inner dialogue, especially when you're feeling down or stressed. Notice any critical or harsh words you use about yourself.
- ***Write it Down:*** Keep a journal and write down negative thoughts as they come. This can help you see patterns and recognize common negative self-talk themes.
- ***Ask Yourself Questions:*** When you have a negative thought, ask yourself, "Is this really true?" and "Would I say this to a friend?" This can help you see if your self-talk is unfair or exaggerated.
- ***Look for Patterns:*** Notice if certain situations trigger negative self-talk. Do you tend to think negatively when you're under pressure, tired, or around certain people?
- ***Get Feedback:*** Sometimes, it can help to talk to a trusted friend or therapist about your thoughts. They can provide an outside perspective and help you see when you're being too hard on yourself.

Why It's Important

Identifying negative self-talk is important because it can have a big impact on your mood, self-esteem, and overall well-being. By recognizing these harmful thoughts, you can start to challenge and change them, making room for more positive and supportive thoughts that help you feel better about yourself and your life.

Summary

Negative self-talk is the critical inner voice that brings you down. By paying attention to your thoughts, writing them down, asking yourself questions, looking for patterns, and getting feedback, you can identify and challenge these negative thoughts. This is a key step toward building a more positive and supportive inner dialogue.



REFRAMING NEGATIVE THOUGHTS

Reframing negative thoughts means changing the way you think about things to make them more positive. It's like taking a bad thought and turning it into something good. This can help you feel better and be more confident.

What is Reframing?

Reframing is looking at a situation or thought from a different angle. Instead of focusing on the negative, you try to find something positive or helpful in it.

Why Reframing is Important

When you change negative thoughts into positive ones, you can:

- Feel happier and less stressed.
- Build confidence and self-esteem.
- Improve your outlook on life.

Steps to Reframe Negative Thoughts

1. **Notice the Negative Thought:** Pay attention to what you're thinking. If you notice a thought that makes you feel bad, stop and recognize it.
2. **Question the Thought:** Ask yourself, "Is this really true?" Often, negative thoughts are not completely accurate.
3. **Find a Positive Angle:** Look for something positive or a lesson you can learn. For example:
 - Negative thought: "I failed the test. I'm not smart."
 - Reframed thought: "I didn't do well this time, but I can study more and improve."
4. **Use Positive Words:** Change the negative words to positive ones. Instead of saying, "I can't," try saying, "I can try."
5. **Practice Gratitude:** Think about things you are thankful for. This can help shift your focus from negative to positive.

Examples of Reframing

- Negative Thought: "I made a mistake at work. I'm terrible at my job."
 - Reframed Thought: "Everyone makes mistakes. I can learn from this and do better next time."
- Negative Thought: "I don't like how I look."
 - Reframed Thought: "I am unique and I have qualities that make me special."
- Negative Thought: "I can't do this."
 - Reframed Thought: "This is challenging, but I can give it my best shot."

Practice Makes Perfect

Reframing takes practice. The more you do it, the easier it will become. Start with small negative thoughts and try to find a positive angle. Over time, this will become a habit, and you'll find yourself thinking more positively.

Summary

Reframing negative thoughts means changing how you think about things to make them more positive. By noticing negative thoughts, questioning them, finding a positive angle, using positive words, and practicing gratitude, you can turn bad thoughts into good ones and improve your overall well-being.

Positive Affirmations

I am constantly generating new and brilliant ideas.

I am enough. I have enough.

I am grateful for another day of life.

I am proud of myself and my achievements.

I do my best, and my best is good enough.

Money comes frequently and easily to me.

I trust myself to make the right decisions.

I trust that I'm heading in the right direction.

I am safe and supported.

I trust my inner guidance and follow it.

I am effortlessly prosperous and successful.

"I am constantly generating new and brilliant ideas."

I attract positivity and repel negativity.

I embrace my inner power and let it shine.

I have the strength to turn my dreams into reality.

THE ART OF ACTIVE LISTENING

Active listening is a way of listening that shows you truly care about what the other person is saying. It's more than just hearing the words; it's understanding the message and feelings behind them.

Here's how you can practice active listening.

Why Active Listening is Important

Active listening helps you build better relationships. When you listen actively:

- People feel valued and understood.
- You avoid misunderstandings.
- You learn more about others.

Steps to Active Listening

- **Pay Attention:** Give the person your full focus. Put away distractions like your phone or TV. Look at them and show that you're interested.
- **Show That You're Listening:** Use your body language to show you're paying attention. Nod your head, smile, or say "I see" or "Uh-huh" to encourage them to continue.
- **Don't Interrupt:** Let the person finish what they are saying before you speak. Interrupting can make them feel like you don't care about their thoughts.
- **Repeat Back What You Heard:** After they finish, say what you heard in your own words. This shows you were listening and helps you understand better. For example, "So you're saying that you felt upset when that happened?"
- **Ask Questions:** If you don't understand something, ask questions to get more details. This shows you want to understand them fully. For example, "Can you tell me more about that?"
- **Show Empathy:** Try to understand their feelings and show that you care. You can say things like, "That sounds really tough" or "I can see why you're happy about that."

Tips for Better Listening

- **Stay Present:** Focus on the moment and what the person is saying. Try not to think about what you're going to say next.

- **Be Open and Accepting:** Don't judge or criticize while listening. Just listen to understand their point of view.
- **Use Short Responses:** Sometimes, a simple "I understand" or "That makes sense" can show you're listening without taking over the conversation.

Practice Makes Perfect

Like any skill, active listening takes practice. The more you do it, the better you'll get. Try practicing with friends or family members, and notice how your conversations improve.

Summary

Active listening is about truly paying attention to the person speaking and showing that you care about what they are saying. By paying attention, showing you're listening, not interrupting, repeating back what you heard, asking questions, and showing empathy, you can become a better listener and build stronger relationships.



Assertive Communication

Women may struggle with techniques for assertive communication for several reasons.

Here are some of the common challenges:

Social Conditioning

Traditional Gender Roles

- From a young age, many women are taught to be nurturing, accommodating, and polite. Assertiveness can be seen as conflicting with these traditional gender roles.

Fear of Being Perceived Negatively

- Women often worry that being assertive will make them appear aggressive, bossy, or unlikeable. This fear can discourage them from speaking up.
- Confidence and Self-Esteem
- Lack of Confidence
- Some women may doubt their abilities or fear they do not have the right to assert their needs and opinions, leading to a lack of assertiveness.

Internalized Criticism

- Negative self-talk and low self-esteem can make it difficult for women to communicate assertively. They might worry about being judged or rejected.

Cultural and Societal Expectations

Cultural Norms

- In many cultures, women are expected to be submissive and deferential, which can inhibit assertive communication.

Workplace Dynamics

- In male-dominated environments, women may find it challenging to assert themselves due to potential backlash or being underestimated.

Fear of Conflict

Avoiding Disagreements

- Many women prefer to avoid conflict and maintain harmony, which can lead them to be less assertive and more passive.

Relational Concerns

- Women often prioritize relationships and may fear that being assertive could damage their personal or professional relationships.

Lack of Role Models and Training

- **Few Assertive Role Models**

A lack of assertive role models can make it harder for women to learn and adopt assertive communication techniques.

Limited Training Opportunities

- Women might not have access to training or resources that teach assertive communication skills, making it difficult to develop these techniques.

Balancing Assertiveness and Empathy

Navigating Empathy

- Women often naturally empathize with others, making it challenging to balance their needs with those of others when communicating assertively.

Overcoming These Challenges

Awareness and Education

Learning about assertive communication and its benefits can help women feel more confident and capable of using these techniques.

Practice and Support

- Regular practice and support from friends, mentors, or professionals can help women become more comfortable with assertive communication.

Positive Reinforcement

Experiencing positive outcomes from being assertive can reinforce the behavior and encourage continued practice.

By understanding these challenges and actively working to overcome them, women can develop stronger assertive communication skills and feel more empowered in expressing their needs and opinions.



Developing

STRONG COMMUNICATION

01

USE "I" STATEMENTS

Start your sentences with "I" to take responsibility for your feelings. This helps avoid blaming others. For example, say, "I feel upset when you interrupt me" instead of "You always interrupt me."

02

BE CLEAR AND DIRECT

Say exactly what you mean in a straightforward way. Avoid hinting or being vague. For example, "I need help with this project" is clearer than "This project is really hard."

03

STAY CALM AND POLITE

Keep your voice calm and your words polite, even if you're upset. This helps keep the conversation positive.

04

PRACTICE ACTIVE LISTENING

Show that you understand the other person's point of view. Listen carefully, nod, and repeat back what they said. For example, "I hear that you're busy, but I need your help with this task."

05

SAY NO WHEN NEEDED

It's okay to say no if you can't or don't want to do something. Be firm but polite. For example, "No, I can't babysit tonight, but thank you for asking."

CREATING POSITIVE AFFIRMATIONS

Positive affirmations are statements that help you think and feel better about yourself. They can boost your confidence and make you feel happier.

Here's how you can create your own positive affirmations.

What Are Positive Affirmations?

Positive affirmations are short, positive sentences that you repeat to yourself. They help you focus on your strengths and the good things in your life. For example, "I am strong and capable" is a positive affirmation.

Why Positive Affirmations are Important

Using positive affirmations can help you:

- Build self-confidence.
- Reduce stress and anxiety.
- Improve your mood.
- Focus on your goals.

Steps to Create Positive Affirmations

- **Think About What You Need:** Identify areas in your life where you need more confidence or positivity. For example, if you often feel stressed, you might need affirmations that help you feel calm.
- **Use Positive Words:** Make sure your affirmations are positive. Instead of saying "I am not afraid," say "I am brave." Focus on what you want, not what you don't want.
- **Keep It Short and Simple:** Your affirmations should be easy to remember. Short and simple sentences work best. For example, "I am confident" is clear and easy to repeat.
- **Be Specific:** Tailor your affirmations to your specific needs and goals. For example, if you want to be more confident at work, say "I am confident in my job."
- **Use the Present Tense:** Write your affirmations as if they are already true. This helps your mind believe them more easily. For example, say "I am successful" instead of "I will be successful."

Examples of Positive Affirmations

- For Confidence: "I am confident and strong."
- For Stress: "I am calm and relaxed."
- For Self-Love: "I am worthy of love and respect."
- For Motivation: "I am capable of achieving my goals."
- For Happiness: "I choose to be happy every day."

How to Use Positive Affirmations

1. **Repeat Daily:** Say your affirmations every day. You can do this in the morning, before bed, or anytime you need a boost.
2. **Write Them Down:** Write your affirmations on sticky notes and place them where you'll see them often, like on your mirror or computer.
3. **Believe in Them:** It's important to believe in the words you are saying. Even if it feels strange at first, keep repeating them and believe that they are true.
4. **Say Them Out Loud:** Speaking your affirmations out loud can make them more powerful. Use a confident and clear voice.
5. **Visualize:** When you say your affirmations, picture yourself living them. Imagine how it feels to be confident, calm, or successful.

Practice Makes Perfect

The more you use positive affirmations, the more natural they will feel. Over time, they can help change the way you think and feel about yourself.

Summary

Creating positive affirmations involves thinking about what you need, using positive words, keeping them short and simple, being specific, and using the present tense.

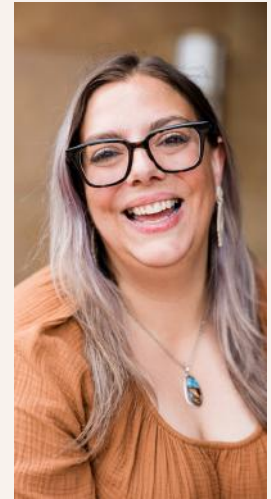
By repeating them daily, writing them down, believing in them, saying them out loud, and visualizing them, you can build a more positive and confident mindset.

**“IT IS THE SAME LIFE, WHETHER WE
SPEND IT LAUGHING OR CRYING.”**

JAPANESE PROVERB

THE IMPORTANCE OF YOUR PERSONAL STORY

Your personal story is the unique journey of your life. It includes all the experiences, challenges, and successes that have shaped who you are. Sharing your personal story is important for many reasons.



Understanding Yourself

When you take the time to reflect on your personal story, you gain a deeper understanding of yourself. You begin to see how different experiences have contributed to your growth and development.

By acknowledging the challenges you have faced and the ways you have overcome them, you can appreciate your resilience and strength.

This self-awareness is crucial for personal growth and self-improvement.

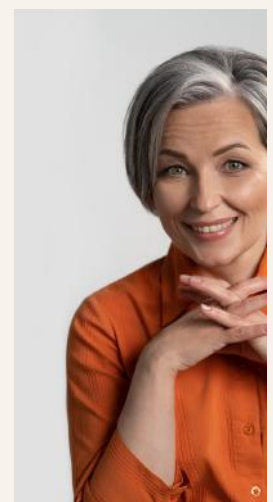


Inspiring Others

Your story has the power to inspire others. When people hear about the challenges you have faced and the successes you have achieved, they may feel motivated to tackle their own obstacles.

Your experiences can serve as a source of encouragement and hope for those who are going through similar situations.

By sharing your story, you can provide others with the inspiration they need to keep going.



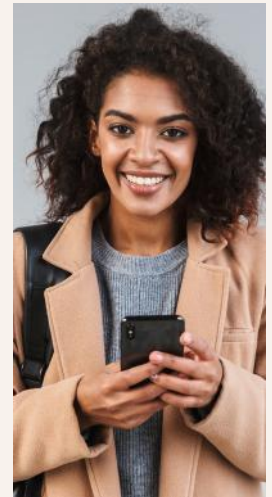
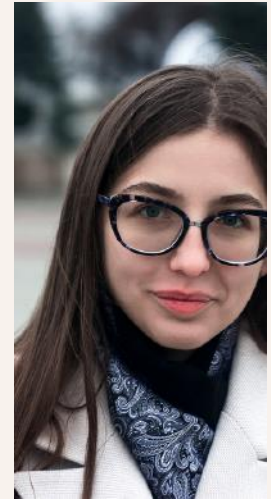
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Building Connections

Sharing your personal story helps you build connections with others. When you open up about your experiences, you allow others to see the real you.

This vulnerability can create strong bonds and foster a sense of trust and understanding. People are more likely to relate to you and feel a connection when they know your story.

These connections can lead to meaningful relationships and a sense of community.



Healing and Growth

Talking about your personal story can be a powerful tool for healing and growth. Sharing your experiences allows you to process your emotions and gain a new perspective on past events.

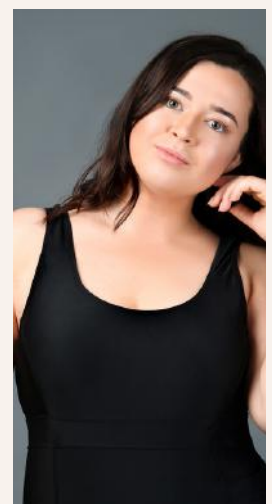
It can be cathartic to express your feelings and release any lingering pain or regret. This process of sharing and reflecting can help you move forward with a more positive outlook and a greater sense of peace.

Empowerment

Sharing your story is an act of empowerment. It allows you to take control of your narrative and show the world that your experiences and feelings matter.

By telling your story, you assert your worth and validate your journey.

This can boost your confidence and self-esteem, making you feel more empowered to take on new challenges and pursue your goals.



How to Share Your Personal Story

Be Honest: Authenticity is key when sharing your story. Be truthful about your experiences and feelings, as this honesty will make your story more relatable and impactful.

Focus on Key Moments: Highlight the significant events that have shaped your life. These key moments are often the most engaging and meaningful parts of your story.

Share Your Feelings: Don't just describe what happened; talk about how it made you feel. Sharing your emotions helps others understand the impact of your experiences.

Show Your Growth: Explain how you have grown and changed over time. This demonstrates that challenges can lead to personal development and strength.

Be Positive: While it's important to acknowledge struggles, also focus on the positive outcomes. Talk about what you have learned and how you have become stronger.

Examples of Personal Stories

Overcoming Challenges: Share a story about a difficult time in your life and how you overcame it. For example, "I struggled with self-doubt, but through hard work and support, I built my confidence."

Achieving Goals: Talk about a goal you achieved and the steps you took to get there. For example, "I always wanted to start my own business. With determination and persistence, I finally made it happen."

Learning from Mistakes: Share a mistake you made and what you learned from it. For example, "I once made a big mistake at work, but it taught me valuable lessons about responsibility and growth."

Tips for Sharing Your Story

Start Small: Begin by sharing your story with close friends or family. This can make it easier to open up.

Write It Down: Writing your story can help you organize your thoughts and feelings. It's also a great way to reflect on your journey.

Summary

Your personal story is the unique journey of your life. It includes all the experiences, challenges, and successes that have shaped who you are. Sharing your personal story is important because it helps you understand yourself, inspires others, builds connections, promotes healing, and empowers you.

By being honest, focusing on key moments, sharing your feelings, showing your growth, and staying positive, you can share your story in a meaningful way. Remember, your story matters, and sharing it can make a big difference in your life and the lives of others.





STAYING CONNECTED TO A COMMUNITY OF EMPOWERED WOMEN

Being part of a community of empowered women can have a huge positive impact on your life. It provides support, inspiration, and opportunities to grow together.

Here's why it's important and how you can stay connected.

Why Staying Connected is Important

- **Support and Encouragement:** A community of empowered women offers a strong support system. When you face challenges, you have people to lean on who understand and can offer advice and encouragement.

Inspiration:

- Seeing other women achieve their goals and overcome obstacles can inspire you to do the same. It shows you what's possible and motivates you to keep pushing forward.

Shared Experiences:

- Being around women who have similar experiences helps you feel understood and less alone. You can share your stories and learn from each other's journeys.

Opportunities for Growth:

- A strong community can provide opportunities for personal and professional growth, such as networking, mentorship, and learning new skills.

How to Stay Connected

- **Join Groups and Clubs:** Look for local or online groups that focus on women's empowerment. These can be book clubs, support groups, professional networks, or hobby clubs.

Attend Events:

- Go to events such as workshops, seminars, and conferences that focus on women's issues and empowerment. These events are great places to meet like-minded women.

Use Social Media:

- Follow and join online communities on platforms like Facebook, Instagram, and LinkedIn. These can be groups or pages dedicated to women's empowerment where you can share and connect.

Volunteer:

- Get involved with organizations that support women's causes. Volunteering is a great way to meet other empowered women and contribute to a cause you care about.

Find a Mentor:

- Look for a mentor who can guide you and provide advice based on their own experiences. A mentor can offer valuable insights and help you navigate your personal and professional life.

Be a Mentor:

- Offer your own experience and knowledge to other women. Mentoring can be incredibly rewarding and helps build a stronger community.

Stay in Touch:

- Make an effort to keep in contact with the women you meet. Regular check-ins, whether through calls, messages, or meet-ups, help maintain strong connections.

Tips for Building Strong Connections

- **Be Open and Honest:** Share your true self with the community. Authenticity builds trust and stronger relationships.
- **Offer Help:** Be ready to support others in the community. Giving help strengthens your bonds and creates a supportive environment.
- **Celebrate Successes:** Celebrate the achievements of women in your community. Recognizing each other's successes builds a positive and empowering atmosphere.
- **Be Respectful:** Always respect different opinions and experiences. A respectful community is a strong community.

Summary

Staying connected to a community of empowered women is important for support, inspiration, shared experiences, and growth.

By joining groups, attending events, using social media, volunteering, finding a mentor, being a mentor, and staying in touch, you can build and maintain strong connections. Remember to be open, offer help, celebrate successes, and be respectful to create a positive and empowering community.

HOW TO STAY INSPIRED

Life can be challenging, and it's normal to feel down when things aren't going well. However, staying inspired during tough times is crucial for your mental and emotional well-being.



HERE ARE SOME SIMPLE WAYS TO STAY INSPIRED EVEN WHEN LIFE GETS TOUGH.



FOCUS ON WHAT YOU CAN CONTROL

When things feel out of control, focus on what you can manage. This might be small daily tasks, like keeping your living space tidy or sticking to a routine. Taking control of little things can make you feel more empowered and less overwhelmed.



PRACTICE GRATITUDE

Take time each day to think about what you are grateful for. Even in difficult times, there are always things to appreciate. Write them down in a journal or simply reflect on them. Gratitude can shift your focus from what's wrong to what's right.



SET SMALL, ACHIEVABLE GOALS

Set small goals that you can achieve. Completing these goals can give you a sense of accomplishment and boost your confidence. It might be as simple as finishing a book, cooking a new recipe, or taking a short walk every day.



SEEK INSPIRATION FROM OTHERS

Look for inspiration in books, podcasts, or videos that uplift and motivate you. Read about people who have overcome similar challenges. Their stories can remind you that it's possible to get through tough times.



CONNECT WITH POSITIVE PEOPLE

Surround yourself with positive and supportive people. Talk to friends or family members who lift you up. Their encouragement and positivity can be contagious and help you feel better.



TAKE CARE OF YOURSELF

Self-care is crucial, especially during tough times. Make sure you're eating well, getting enough sleep, and exercising regularly. Taking care of your body can improve your mood and energy levels.



FIND JOY IN SMALL THINGS

Look for small things that bring you joy. It could be listening to your favorite music, spending time in nature, or enjoying a hobby. These small moments of happiness can add up and help you stay inspired.



PRACTICE MINDFULNESS

Mindfulness can help you stay grounded and focused on the present moment. Try simple mindfulness exercises like deep breathing, meditation, or yoga. These practices can reduce stress and improve your overall well-being.



REMEMBER YOUR WHY

Think about your reasons for pushing through tough times. It could be for your family, your dreams, or your personal growth. Keeping your “why” in mind can give you the motivation to keep going.



CELEBRATE YOUR PROGRESS

Acknowledge and celebrate your progress, no matter how small. Every step forward is a victory. Celebrating your progress can boost your morale and keep you motivated.



DISCOVERING YOUR PURPOSE IN LIFE

It's about embracing who you are and what you love to do, and using that to make a positive impact on the world around you. Your purpose is not something you have to find outside of yourself; it's already within you. By living authentically and following your passions, you naturally fulfill your purpose. You are here to be you, to grow, to learn, and to contribute to the world in your own special way.

10 PLACES TO PUT YOUR DAILY AFFIRMATIONS SO YOU CAN REMIND YOURSELF AND READ THEM OFTEN



- **BATHROOM MIRROR:** PLACE A STICKY NOTE OR CARD WITH YOUR AFFIRMATION WHERE YOU'LL SEE IT EVERY MORNING AND EVENING WHILE BRUSHING YOUR TEETH OR GETTING READY.
- **BEDROOM WALL OR NIGHTSTAND:** KEEP YOUR AFFIRMATIONS NEXT TO YOUR BED SO YOU CAN READ THEM BEFORE YOU GO TO SLEEP AND WHEN YOU WAKE UP.
- **REFRIGERATOR DOOR:** STICK YOUR AFFIRMATIONS ON THE FRIDGE SO YOU'LL SEE THEM EVERY TIME YOU GO TO GET SOMETHING TO EAT.
- **COMPUTER OR LAPTOP:** PLACE A STICKY NOTE ON YOUR COMPUTER SCREEN OR USE IT AS YOUR DESKTOP BACKGROUND TO REMIND YOU WHILE YOU WORK.
- **PHONE LOCK SCREEN:** SET YOUR AFFIRMATION AS YOUR PHONE'S LOCK SCREEN WALLPAPER SO YOU SEE IT EVERY TIME YOU PICK UP YOUR PHONE.
- **WALLET OR PURSE:** KEEP A SMALL CARD WITH YOUR AFFIRMATION IN YOUR WALLET OR PURSE SO YOU CAN PULL IT OUT AND READ IT THROUGHOUT THE DAY.
- **CAR DASHBOARD:** PLACE A NOTE ON YOUR CAR'S DASHBOARD TO SEE IT WHENEVER YOU'RE DRIVING.
- **OFFICE DESK:** PUT YOUR AFFIRMATION ON YOUR OFFICE DESK OR ON A BULLETIN BOARD NEAR YOUR WORKSPACE.
- **KITCHEN CABINET:** STICK YOUR AFFIRMATION INSIDE A FREQUENTLY USED KITCHEN CABINET OR PANTRY DOOR.
- **NOTEBOOK OR PLANNER:** WRITE YOUR AFFIRMATION AT THE TOP OF YOUR DAILY PLANNER OR INSIDE A NOTEBOOK THAT YOU USE REGULARLY.

Affirmations to Start Your Day

- Today is a new day, and I am thankful to be alive.
- I love my life every day.
- Each day, I wake ready to make smart decisions.
- Each day is a gift.
- I greet each day with happiness and gratitude.
- Today is going to be a great day and I will make it so.
- I am happy to live a purpose filled life.
- Today is the next chapter in my amazing journey.
- Today is the best day, and the only
- One of its kind in existence.
- I will live today to its fullest.
- I am energized and ready to greet the day.
- Taking care of my body keeps me happy.
- My health is constantly improving.
- I love my body just the way it is.
- I allow my muscles to stretch every day.
- My path is one of good physical health.

Affirmations to For Inner Peace

- I am calm.
- I feel at peace with myself and my world.
- I am at peace with others.
- All is well in my life.
- I will live today at peace.
- I do not judge others.
- I do not worry about what doesn't concern me.
- I focus on feeling at peace with myself.
- Everything is okay, I've got this.
- I am living my best life.
- I take deep breaths to relieve my anxiety.
- I am strong.
- I live a life free from stress.
- My peace lets me feel free.
- My thoughts are at peace.
- I choose to be a peaceful person.
- I use my actions and words to create peace.

Affirmations to For Gratitude

- I am grateful for today and everything it brings.
- I will find something to be grateful for today.
- My gratefulness allows me to be open to new opportunities.
- I have the power to choose to be grateful.
- I love my life and everyone in it.
- I recognize that I am lucky.
- I live a fully blessed life.
- I am grateful for the challenges in my life that teach me lessons.
- I am grateful for both the positives and negatives in my life.
- I am grateful for all the amazing people in my life.
- I am grateful for my confidence.
- I am grateful for all of my amazing abilities.
- I only focus on the positive in life.
- I am grateful that I can live another healthy day.
- I am grateful for the body I have been given.
- I have every reason to be grateful.

Affirmations to Have a Good Day

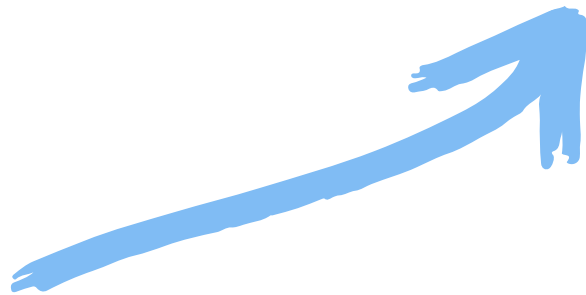
- I am feeling healthy and strong. I will have a good day today.
- My body feels well-rested and ready to enjoy the day.
- I am thankful for the day I have been given, and I cannot wait to enjoy it.
- I am ready to focus on having the best day I possibly can.
- Waking up is one of the best parts of my day because it means I can enjoy another beautiful day.
- Every day I am given is an absolute blessing.
- I like to make each of my days my own.
- I work every morning to align myself to have the best day.
- I believe in myself and my potential for today.
- I am confident and ready to take on the day.
- I love myself and I love my life.
- I am in control of my life.
- Each morning I am filled with gratitude and kindness.
- I will make the best choices today.

Affirmations for Being Present

- I will not dwell on the past.
- I will not worry about a future that has yet to come.
- I will treat every moment as if it is my last.
- I respect myself by not letting myself be consumed by anxiety for the future.
- I do not worry about the things I cannot change.
- I live my life in the moment.
- Changing the way I see the future and the past is my strength.
- I am in control of what I think about at all times during the day.
- I make every decision based on what is best for me right now.
- I take action to diminish my anxieties.
- I am allowed to enjoy this moment.
- My past is not who I am.
- I am proud of what I have accomplished to arrive at this moment.
- I am thankful for this moment.

Bonus Video

30 Affirmations to help with depression



Click on the photo to view video

Thank you

FOR READING

Thank you for embarking on this journey with me through "Words That Empower: Harnessing the Magic of Your Words." I hope this book has provided you with valuable insights and practical tools to transform your life through the power of language. We have explored how words shape our reality, the importance of positive self-talk, the art of active listening, and the techniques for assertive communication. Each chapter has been designed to help you understand and harness the incredible power of your words.

Your personal story, unique and invaluable, plays a central role in this transformation. By embracing and sharing your journey, you inspire others and create a ripple effect of empowerment and positivity. Remember, your words have the power to heal, to build, and to inspire. They are a reflection of your inner strength and wisdom.

As you continue on your path, keep practicing the techniques and affirmations that resonate with you. Surround yourself with a community of empowered women who support and uplift you. Stay inspired by focusing on your goals, celebrating your progress, and always believing in your worth.

You are your purpose in this life. By living authentically and using your words with intention and love, you can create the reality you desire and make a positive impact on the world around you. Your voice matters, your story matters, and you have the power to change your life and the lives of others through the magic of your words.

Thank you for reading, and may your journey be filled with empowerment, growth, and endless possibilities.

With gratitude and encouragement,

Julie Fairhurst



Julie's Digital Business Card



CONNECT HERE

Listen to this moving conversation with Julie Fairhurst, an author, writing coach, and publisher, as she shares her remarkable journey from adversity to empowerment through storytelling.

From humble beginnings to a mission-driven pursuit of helping others heal, Julie's story is a testament to resilience and compassion.

Discover how she's breaking the cycle of shame and silence, empowering women to share their narratives and find healing through writing. ★

Let's support this inspiring cause together!

JUST
Figure
IT OUT

New Episode with:

JULIE FAIRHURST

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