

The Words We Use

Since we think in words, they matter. Therefore it stands to reason that choosing the correct word will affect what happens. In this brief summary, we take a quick look at six of the more common terms used in accomplishing goals.

INTENTION: Sets the stage, carrying an emotional component. Intentions evoke feelings or establish a backdrop for what one would like as an outcome.

RESOLUTION: Although similar, resolutions are stated as a matter-of-fact promise. While intentions can include others, resolutions are only first-person and are more definitive. For example, one would not say, "I resolve that you and I are going to reach an agreement." However, it would totally appropriate – even helpful – to say, "I resolve that I will do everything possible to work this out with you."

GOAL: Whereby emotions are the gas pedal, logic is the steering wheel. Neither on its own will get you to your destination. Therefore, we cross the bridge from feelings to practice once we set a goal. Effective goals are "SMART" meaning they envision

- Specific
- Measurable
- Attainable
- Relevant
- Time-bound (has a deadline)

AFFIRMATION: A statement worded in the present as if the goal has already appeared. Since our minds respond to what we perceive rather than what is real, affirmations, if repeated regularly, convince your subconscious that the outcome is already in place and therefore change your attitude, and beliefs, and therefore open you up to possibilities otherwise unseen. Even if the outcome

"What we say to ourselves determines what we do to ourselves."

has not yet manifested itself, stating affirmations regularly allow you to see new opportunities, increasing your options. In addition, it makes you more positive and that will help you persevere more so than when feeling negative.

OUTCOME: is the result of an effective goal which is the result of an intention and/or resolution. Whereby affirmations are not required, they can expedite the process and help keep motivation engaged. It is a mistake to assume that the outcome – that which literally "comes out" of your actions – will match exactly what you planned. As goes the expression, "Every system is designed perfectly to generate the results it created." If you don't like the outcome, it's not that it was wrong, it was the process that generated it was not appropriate for what you desired.

MANIFESTATION: Outcomes and manifestations are virtually identical although one might argue that a manifestation has more of a spiritual or psychic component than does an outcome. However, both are the result of the way we think, which lead to how we feel, and therefore the actions we take.

