

## Be positive with your words and phrases

Good morning, teachers and students. Today, the topic that I want to share with you is: Be positive with your words and phrases.

Thanks for the effort of English teachers. They have prepared very good and interesting materials for you in the English Corner of ground floor. In the display boards of the English Corner near the school main entrance, I have found and learned the 15 phrases unsuccessful people always use that you need to avoid.

Boys and girls, you really have to believe in the power of what you say. **What comes out from your mouth actually reflects what's in your mind! So, we should avoid such negative phrases and stay positive.**

Roughly speaking, such negative phrases that you need to avoid can be divided into two main types. **For the first type of negative phrases, the main theme is: it is not possible for me to do it,** I cannot complete this task. Examples of such negative phrases are: “That’s impossible”, “That won’t happen for me”, “I can’t”, “I have a problem with that”. In short, the main theme of such negative phrases is: I cannot do it.

**For the second type of negative phrases, the main theme is “I am the centre of the world. I am alone. No one can help me”.** Examples of such negative phrases are: “I can do it all by myself”, “Someone is so ahead of me in life”, “I like my own idea”, “I don’t need your own input”, “You must be wrong about that”.

Boys and girls, you should get rid of such negative phrases; you should stay away from them. But other than getting rid of such negative phrases and words, you can also replace them with positive words and phrases. For example, instead of saying the first type of negative phrases such as “I cannot do it” or “It is not possible for me to do it”, you can **replace them with the following positive words and phrases: “I’m possible”, “Nothing is impossible”, “That would happen for me if I put effort on it”,**

“I have a problem with that but I believe that I have a solution for it”, “Stay hungry and stay foolish as I cannot do it all by myself, I should cooperate with others”, **“Where there is a will, there is a way”**. According to the dictionary, a “will” is the ability to control your thoughts and actions in order to achieve what you want to do. A “Will” is also a feeling of strong determination to do something that you want to do. If you have such a will power, you would have a way and solution for the problems and difficulties.

Besides, instead of saying the second type of negative phrases such as “I am the centre of the world”, “I am alone, no one can help me”, you can **replace them with the following positive words and phrases: “Be open-minded and humble”, “Asking for help is not a sign of weakness but boldness”**.

In conclusion, boys and girls, try to replace the negative words and phrases with the positive ones. Try to replace negative phrases such as “I cannot do it”, “It is not possible for me to do it”, “I am the centre of the world. I am alone. No one can help me” with the positive ones. Try to memorize the following wise saying. **“Once you replace negative thoughts with positive ones, you'll start having positive results”**.