

# Choose the Conversations You Participate In!

I know – it’s bad grammar - but it will help make a point! I could have entitled this article “Choose the Conversations in which you Participate” - for many people that sounds awkward. For a journalist, it may sound too long for a title; for a writer, it may sound just right. When we choose to say something, the words we use and the way we say it make a powerful difference.

Making a powerful difference: what a place for us to look! What is the difference we want to make, by what we are speaking, writing, communicating. I started this article to bring a consciousness of the power of our words to impact the world we live in (in which we live!) Think before we open our mouths! Think before we pick up a pen, or type on a keyboard; certainly think before you hit “send” in an email!!

So let’s look at some examples of how our words can impact the world we live in. We’ll go from the everyday to – well, you know me, I like to think globally!

- 1) You can say “I hate vegetables” and then not enjoy your meal
- 2) You can say “Let’s go somewhere Fun” and then wherever you end up you have fun
- 3) You can say “I’m a leader” and people will follow you
- 4) You can say “I’m a loser” and people will believe you
- 5) You can say “bomb the bad guys,” and then we end up with another generation of hate, retaliation and war;
- 6) You can say “What is needed to have peace?” and we get a world

where people are working for peace, rather than war;

- 7) You can say “what can I provide that would make a difference” and you’ll make a difference!

Deep down inside, all people really want is the opportunity to be a contribution, to make a difference, and to be taken care of ( I know, the bad grammar hits again – but can you imagine saying “to be of care taken?”)

Anyway, one of the interesting things about the mind is that whatever question you ask it, it will keep coming up with answers until you say – Ah! That’s it!. So choose the question you ask yourself from the point of getting the kinds of answers you’re looking for! Instead of looking for what you don’t like, or don’t want – look for what you do like, what you do want. It goes beyond positive thinking – it goes to the core of your conversations. Are you sculpting your conversations to create the world you want to live in, or are you just letting the old negative conversations continue to create a negative world?

So choose the conversations in which you participate – know that when you speak, people listen. When you speak, you create something – you either sustain an existing conversation, or start another one. In any case, when you speak, you impact the world that you, and we, get to live in. So choose your words carefully– the world is listening!