



# The Peak Perspective



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## Welcome!

Hi!

Welcome to Issue 3 of The Peak Perspective. This week we are talking about words.

I did a little research and found out that we typically hear 25,000 words a day. A day! 25,000!!

Add to that - we think 6,200 thoughts per day. That's a lot of words!

## Self-care

I think it is worth pointing out that words can hurt. You already know that, but because of it, I am including an extra page for self-care exclusively in the Facebook group.

## The words you want to hear

Last week we touched on what we would like to hear our hero say to us.

It's time to think seriously about what we say to ourselves, what we allow ourselves to think and what we allow to be said to us.



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Words, despite the saying, really can hurt us...

I imagine that every person reading this has experience of being called at least one of these words. Sit with it, write down any that have been said to you. Maybe in another colour write down the ones you have said to yourself - we've all done it. We will look at the opposites on the next page.

*Hope*

Stupid  
Broken  
Incapable  
Worthless  
Anxious  
Disappointing  
Lost  
Quiet  
Worrier  
Inadequate  
Incompetent  
Procrastinator  
Unsuccessful  
Foolish  
Loser  
Old

Shy  
Ugly  
Failure  
Useless  
unmotivated  
Unimportant  
Undeserving  
Overwhelmed  
Overthinker  
Unworthy  
Unlovable  
Inferior  
Awkward  
Cursed  
Lazy



Sticks and



Stones







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**This is who you are...**  
 Now find 10 words on here that you believe you are, or, if that is too hard, ten that you would like to be true. Write them as "I am..." and read them out loud. Now you can deface, screw up, tear up and totally destroy the negative words you wrote before; make sure it's definitely gone, then find somewhere to display the "I am" if you don't want anyone to see it then maybe behind the wardrobe door would work. Or you can be brave and blutack them to the mirror.

**Every time you see the piece of paper, smile and say the three "I am"s".**  
 Well done.





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## Do a 180!

One of the most useful tools I have learnt, when you catch yourself being, thinking or saying anything negative, catch yourself and then do a 180.

Turn it around, decide to be positive.  
It will become a habit.

## Looking ahead...

When it comes to words, there are definite ways to help yourself. Learn to say nice things to yourself, and celebrate them. Learn to protect yourself, learn how to turn the negatives around - it takes practice, but eventually you will catch yourself and turn them positive without trying.

The one thing...

*Make a note!*

*Say it to*

*yourself*

*often*

## THE WORDS YOU WANT TO HEAR

Time to give some thought to that one thing. What is the one thing you wished your hero could say to you?

What if you could say it to yourself?



## Put a wall up

Love yourself enough to protect yourself from harsh words.

- Mentally prepare yourself when you are meeting or talking to someone who is naturally negative.
- Stop listening to the news! It is a habit to regularly be 100% up to date with everything happening in the world, but it is not natural and it dramatically increases our stress levels.

**Give yourself a news ban!**



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**Shy**  
**Ugly**  
**Useless**  
**Unmotivated**  
**Unimportant**  
**Undeserving**  
**Weak**  
**Overthinker**  
**Unworthy**  
**Unlovable**  
**Inferior**  
**Awkward**

**Foolish**  
**Lazy**  
**Old**  
**Stupid**  
**Awkward**  
**Stones**



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**Entrusted**  
**Empowered**  
**Feared**  
**Trusting**  
**Respected**  
**Accepted**  
**Appreciated**  
**Collaborator**  
**Compassionate**  
**Supportive**  
**Generous**  
**Kind**  
**Stunning**  
**Optimistic**  
**Intelligent**  
**Motivated**

**Put a wall up**  
...prepare yourself ...are meeting or ...negative ...to the news ...regularly be ...with ...ing to ...but it is not ...increase our stress levels ...Give yourself a news break!



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