

# *Your Words & Your Dreams Are Connected*



*Revive your dreams  
Transform your Life*

**Be sure to access the companion audio & video links for this course at:  
<http://KathleenEllisLifestyleDesign.com/transformation/>**

“Out of the same mouth comes praise and cursing,  
my brothers and sisters this should not be!”

James 3:10

“Do you feel like you take 3 steps forward and 2 steps back?  
It could be that you are reversing your forward steps with your words of doubt & defeat.

When you speak words contrary to the results you are striving for  
you will constantly go forward and back.

Change your words, Change your outcome!  
Speak the results you want and you will begin to see  
consistent forward movement toward your dreams!”

~Kathleen Ellis

### Words of Death

**Sounds like:**

I can't  
It's too hard  
Not for me  
I doubt  
It won't work  
I won't  
I don't believe  
I'm skeptical

Prevents growth  
Blocks possibilities  
Stops learning  
Ignores opportunities

**CAN BE UNDONE**

### Words of Blocking

**Sounds like:**

Maybe  
I'll try  
We'll see  
Yes, but  
Perhaps  
I'll attempt

Repeats dead behaviors  
Holds back from change  
Gives up instead of pushing  
through  
Rejects opportunities

**CAN BE REPLACED**

### Words of Life

**Sounds like:**

YES  
It's done  
I believe  
I am  
I can  
I can do all things...

Allows change & growth  
New paths  
Unconditional forward motion  
Pushing through blocks  
Constant learning  
Accountability to yourself!  
Embraces Opportunities!  
Your body will respond to your  
words

**DREAMS CAN COME TRUE**



What do you believe about yourself right now?

What do you want to believe about yourself right now?

How do the thoughts & words you speak daily line up with what you want to believe and accomplish?

What words need to be reprogrammed?

Make a list of the positive, life-filled words you need to speak to support your dreams and where you want to be next year at this time.

Using those words create some affirmations that you can speak over yourself and your dreams each morning & each night. Speak “as if” they have already happened! Speak what you want not what you have! Do this for the next 30 days and record what changes you see!

“When you have DREAMS in your heart  
that you decide to pursue,  
don’t let anyone or anything steal them from you.  
YOU are WORTH everything you DREAM of!”  
~ Kathleen Ellis