



Words Matter

Words matter. The language you use matters. It impacts your mindset. It gives you a definition of yourself that can become limiting.

Have you ever noticed the different ways that waiters introduce themselves to you?

“I’m Rachel, and I’ll be your server tonight.”

“I’m Rachel, and I’ll be taking care of you tonight.”

A subtle difference, but one communicates that my responsibility is to serve you your food and the other communicates that my responsibility is to take care of you – completely.

Have you ever said, or heard someone say “I’m bad at math”? What does that tell you? Do they know that it takes 4 quarters to make a dollar? Do they know calculus? For most of us, knowing calculus isn’t important or necessary for our daily lives. So -if you don’t need to know calculus and you don’t know calculus, then why would you say you are bad at math?

Become aware of the words you use.

How do they impact your mindset?

What do they communicate to others about you?

Are they serving you well?

What language habits do you have?

What are the underlying beliefs that are driving the language that you use?

Want to learn more?

[Here is another take on why words matter.](#)

[The Words Matter Movement](#)