

The background of the slide is a deep space scene. It features a dark blue and black sky filled with numerous stars of varying brightness. A prominent feature is a bright, glowing nebula or galaxy structure in the upper left quadrant. In the lower right, a large, reddish-brown planet, likely Mars, is partially visible, showing its characteristic surface features. Another smaller, reddish planet is visible in the upper right. The overall atmosphere is one of vastness and cosmic wonder.

MARSHALL PRIME CONTRACTORS SUPPLIER COUNCIL MEETING

MOTIVATIONAL SERIES:
THE POWER OF OUR WORDS

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It's All In Your Mind

- If you continue to believe as you always believed, then you will continue to act as you have always acted, and if you continue to act as you have always acted then you will continue to get what you have always gotten.
- Reality is we are becoming what we think.
- Your mind can be a junk box or a treasure box...it's your choice.



Words Everywhere

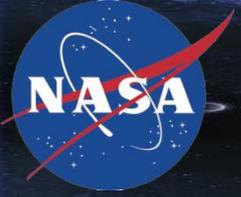
Solomon said, "The power of life and death is in the tongue."

- The words we speak:
 - Reveals what we are thinking
 - Reflects our attitudes
 - Can increase or decrease our level of joy
 - Can impact our future
 - Can negatively or positively influence those we come into contact with
- Think about what you are thinking about!



A Bad Attitude on the Job

- What if a person's attitude on the job reflected the following:
 - I have the most boring job.
 - My boss is too demanding.
 - The company needs to pay me more and treat me better.
 - I always have to do the grunt work.
 - No one here appreciates me.
 - I may have to work around these people, but I don't have to be nice to them.
- Would this person be a good candidate for a raise or promotion?
- If you were the owner of a business would you hire this person?



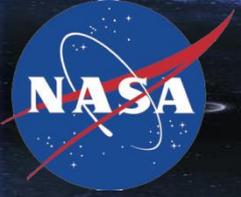
A Good Attitude on the Job

- What if a person's attitude was built on the following:
 - I am so thankful to have a job.
 - I'm going to do my very best every day.
 - I am glad to be a part of the team with my coworkers even though none of us are perfect.
 - The work environment may not be ideal, but I will work to do my part to make it pleasant, not only for myself, but for those around me.
 - I am committed to be focused and diligent while on company time.
 - I would like a raise, but I will work hard to earn it.
- Would this person be better able to position his or her self in the company for a raise or promotion?
- Could practicing this type attitude in other areas of our life (e.g., Church, family, etc.) make a difference in our life outcome?



The Amazing Body

- Did you know that:
 - The heart beats 38 million times each year?
 - That our blood circulates through our bodies every 60 seconds?
 - That there are more than 28 thousand miles of blood vessels in our bodies?
 - That our bodies have more than 10 billion cells all interconnected?
- Knowing these things, how important is it for us to take care of our bodies?
- Can practicing a positive attitude in our lives have a positive impact on our bodies?



A Healthy Mind Can Produce a Healthy Body

According to Dr. Caroline Meeks in her book “Who Switched Off My Brain”, 87 percent of all illnesses are attributed to wrong thought patterns.

- According to a 2004 article found in USA Today, a positive attitude can:
 - Reduce risk of heart disease;
 - Lower the level of stress hormones;
 - Lower the level of inflammation; and
 - Improve immune system.

- According to a 2004 Netherlands study, a positive attitude can:
 - Reduce the risk of heart disease; and
 - Add more years to life than exercising or stopping smoking.

- Recent Mayo Clinic study states that positive thinking can:
 - Create a greater resistance to the common cold;
 - Improve overall health; and
 - Produce better coping skills during hardships.



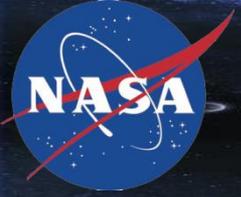
Creatures of Habit

- Takes 21 days to develop a habit.
- What good habits do you need to start developing in your life today?
Examples might include the following:
 - Not going to gossip
 - Not going to think bad thoughts of other people
 - Not going to over eat when I set down to meals
 - Not going to be a complainer
- What are some other areas that might need to be added to our list?



Making Your Words Count

- Solomon said, “A wholesome tongue is a tree of life.”
- Having a positive outlook on life and speaking positive words are two of the most wholesome things we can do in life.
- Positive words when spoken at the right time can:
 - Edify or build up
 - Be an encouragement
 - Give confidence to the hearer
 - Produce life changing results
- Make a decision each day to think and talk about those things that can help you be a better person as well as those you come into contact with!



Final Thoughts

- The way we think will influence the way we speak, and the way we speak will influence the way others respond to us.
- Exercise the fruit of self-control in your life by controlling what you say.
- What takes Center Stage in your life? Is it positive or negative?
- Norman Vincent Peale said, “Positive thinking won’t let you do anything, but will let you do everything better than negative thinking will.”