

CORE LANGUAGE UPGRADE

DAY 02 | WORKSHEET

How to Use this Worksheet

Digital Format: You can complete this worksheet as a PDF. First download and save this file. We suggest using Acrobat Reader ([click here to download](#)). This sheet is editable, so you can easily type in the provided spaces and save your information. You're all ready to get started.

Pen and Paper: Print this PDF if your preferred method is to write it down. Learning is enhanced by writing long hand. Studies show that brainstorming ideas and putting thoughts on paper is much more powerful, create better memory retention and comprehension.

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Read each sentence. Describe in your own words the mental imagery and type of feelings they create.

EXERCISE ONE

“I DON’T want to mess this up.”

Mental Imagery _____

Feelings _____

EXERCISE TWO

“MAYBE we should THINK about reconsidering.”

Mental Imagery _____

Feelings _____

EXERCISE THREE

“THEY’VE been completely unreliable.”

Mental Imagery _____

Feelings _____

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Use these questions as journaling prompts. Contemplate these; you may be surprised at your answers!

THOUGHT PROVOKING QUESTIONS

Have you ever wished you had communicated something in a different way? Now that you are beginning to understand the power of words, how would you have said it instead?

Which component of Conflict Language do you use most (Negations, Soft Talk, or Projections)? Is there one you tend to use more often in personal relationships, while a different one is more frequently used in professional relationships?

Which component of Architect Language do you use most (Affirmations, Solid Talk, or Reflections)? Again, is there one area of your life where certain components are more dominant?