

# The Worst 4 Letter Word in History



Do you DESIRE a peaceful classroom? Do you HAVE a peaceful classroom? Are you ready to have an even greater impact in a child's life starting today?

I am grateful that you are on this journey of exploring the lasting impact of your words: not just by WHAT you say, but HOW you say it and how CONGRUENT you are with your body language.

The other day I was accommodating a mom through a school tour with her daughter.

As the mother and I were sitting in the conference room and I asked her open ended questions on what her expectations are and what her goals are for her child, I started listening to her nagging voice:

“So, you see: Here's what's wrong with Karina:

She can't ride a bike, she can't concentrate and therefore she doesn't learn anything. She can't interact with anyone, she can't sit still and she can't really read yet.

I stopped her for a moment to see if she noticed what all she was saying.

She then continued: She's on all these medications that cause these side effects and she's just a trouble kid. I don't know what to do!

I stopped her again and kindly asked her: Tell me all the wonderful attributes that are RIGHT with Karina!?

She was at a loss.

It was the tone of her voice, it was the words she spoke about her, but even worse: she spoke to her!

It was clear:

She's given up on this 8 year old child!

The words she spoke about her, I'm sure the child has heard many times before!

She said this horrible 4 letter word OVER and OVER again, not just to me, but to him - for most of his life. It is the most limiting, crippling, disqualifying, weakening, exterminating and non-success conditioning four letter word ANYONE can use in the English Language. This word is: CAN'T

It's very simple and straight forward: once you convince someone (and that someone might be yourself!) that you CAN'T do something, the mind's already made up: you CAN'T!

What's even more sad is the fact, that you probably CAN do it, but from here on out, your mind's made it: you won't!

The more often you hear "I can't" or you can't the deeper that thought is ingrained in your believe system.

But how can I turn this downward vortex around, you ask?

Start with the awareness of the words that you speak: You LITERALLY become what you think and say! Remember my formula?

The words we speak to ourselves and onto others create the reality!

If they're Positive words, you will positive results, if they are negative words, you will have negative results. It starts with YOUR words: are they supportive or limiting. Either one determines the reality!

It's easier to uplift a child than to go back and fix a broken adult!

Children hear everything you say! And they mimic everything you do! Be the exceptional example!

"Be careful how you speak to children. One day, it will become their inner voice."

~Peggy O'Mara

## Eliminate This Bad Word With The Equilateral Triangle:



The Teacher contributes the tone, the words and the attitude.

The Materials offer the process, the action taking, the measurement.

The environment impacts the results and supports the outcomes.

As a holistic approach, one is invalid without the other: the supportive environment with the knowledgeable, uplifting teacher and the guiding didactic materials, because when a flower doesn't bloom you fix the environment in which it grows, and not the flower! Adjust your words and the attitude will adjust itself!

Every thought that we think, every word that we say and every action that we take, and even every NON-action that we NOT take, communicates something! The problem with not being “at cause” or being incongruent is to the extent that we refuse to take responsibility for the creating of everything that happens! We are in charge as we speak positive and uplifting words or limiting and negative words - it goes both ways!

You have a choice! You are in charge of the words that you speak: to yourself and to others! It first starts with the words that you speak to yourself!

Get the learnings that are required to change your communications to produce different results!

For more information in depth on these topics, please contact me:  
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—> 7 series webinar:

**The 7 principles of positive communication:**

- 1) Modeling
- 2) Listening
- 3) Thoughts
- 4) Responsibility
- 5) Celebration
- 6) Truth
- 7) Clarity

—> Webinar:

The positive communication FORMULA:

Th—> Fe —> Ac —> Re



Our overall goal:

Peaceful individuals who fully stand in their own power to pass on their peace to others.

### About the Author:

My name is Brigitta Hoeflerle, I'm the owner and founder of the Montessori School of Cleveland TN.

I've studied social pedagogy in Germany and in addition to my teaching degree I have a marketing degree. I am proud to be a certified Montessori directress for over 10 years and a certified life and dream coach.

My school was established out of my commitment and passion to children and I have fully stepped into my purpose of making a difference in this world on a much greater scale.

I'm a missionaries kid, my father was the superintendent over the Middle Eastern countries. I've seen and experienced lots of poverty and events I cannot make unseen.

We lived "abroad" many times and I was always the outsider, always kind of left behind in school, always trying to catch up with the others.

My parents did not have any time for me, I was always told: "Brigitta, you're too loud, too obnoxious. You ask too many questions." Well, I , finally stopped asking any questions and my grades in school went belly up. I lost the open line of communication to my parents, my teachers and my peers.

Today, I live my passion and mission of my life with purpose!

In the past 3 years I have coached over 200 individuals as young as 5 years and as old as 77 years, in all areas of life: behavior, positive communication, life skills, self development, health & nutrition, business, wealth, goal setting, etc. I've been on my journey of developing myself for the past 20+ years and impacting people from around the world.

I am here to hold the space for YOU: to inspire and guide.  
That's my purpose in life!

Make it a daily habit to determine every event in your life in advance, through your thoughts. Set the Universal forces ahead of you in everything you do and everywhere you go by thinking the way you want it to go *in advance*. Then you are creating your life intentionally.

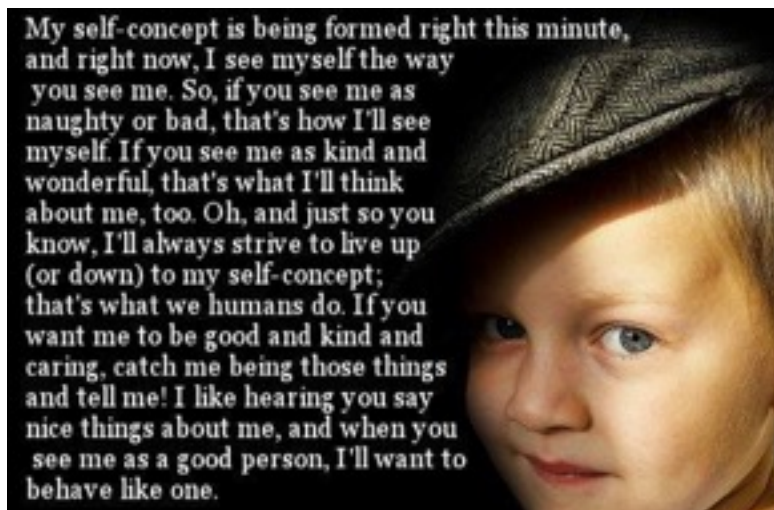
<u>SUPPORTIVE</u>	vs	<u>LIMITING</u>
Confidence	vs	Insecurity
Empathy	vs	Ego
Encouragement	vs	Shame
Celebration	vs	Neglect/Rejection
Condemnation	vs	Compassion
Exasperation	vs	Patience
Yelling	vs	Listening
Blame	vs	Grace

**TOOLS to utilize now:**

- \* Vision boards
- \* Ask me about cards....
- \* Caring for others - assignments
- \* SMILE

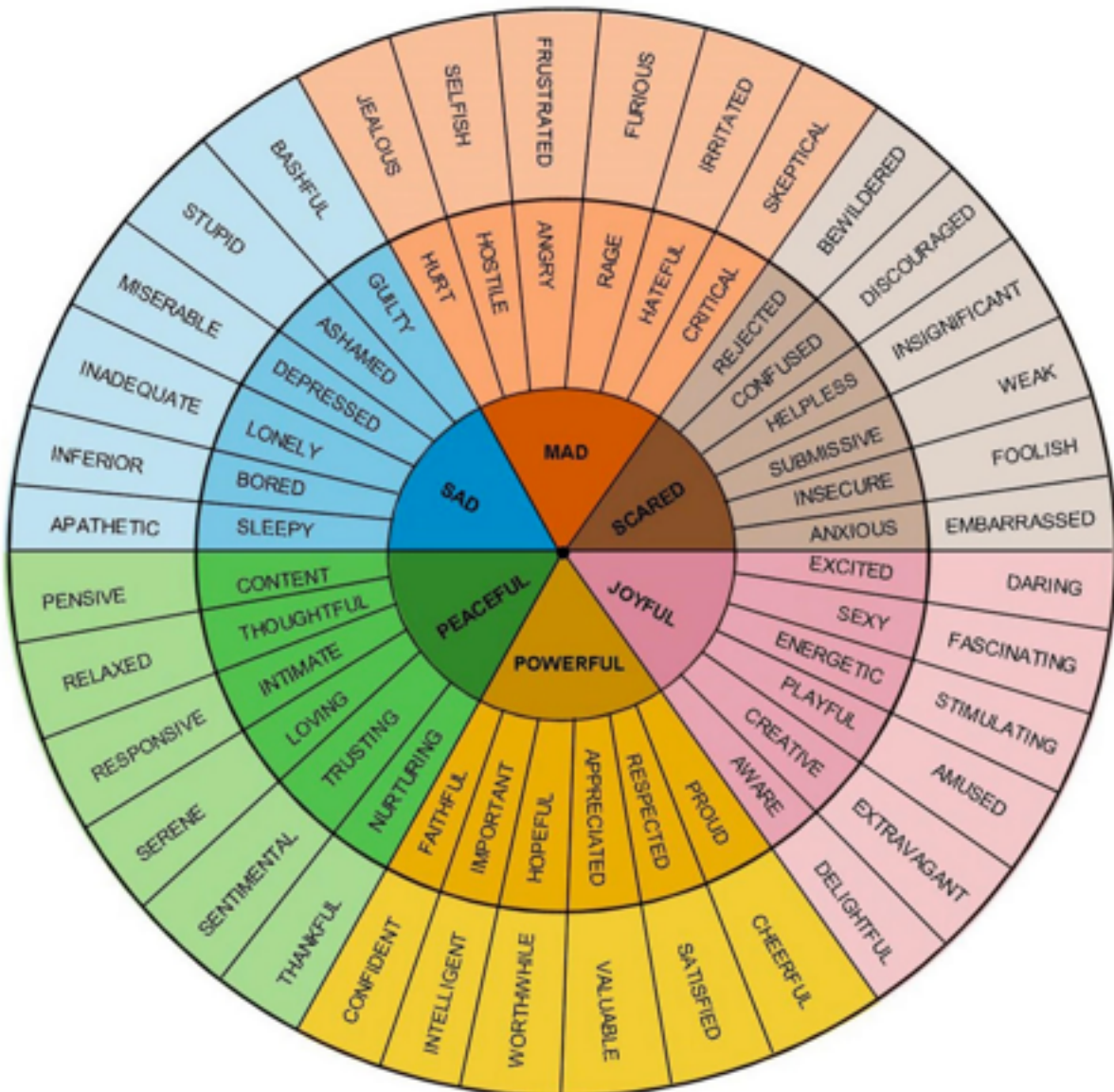
**Affirmation of your new supportive thoughts - speak them out loud:**

“You are BRAVER than you believe, STRONGER than you seem and SMARTER than you think!”



# BONUS:

## Feeling wheel



# Alternatives to "No"

## AND NEGATIVE PARENTING LANGUAGE

"Stop hitting"	➔	"Please keep your hands to yourself"
"Don't say that"	➔	"Please choose another word"
"Quit whining & crying"	➔	"Please use your words"
"I can't hear you"	➔	"Please speak louder/ more clearly"
"I won't buy you that"	➔	"Instead of that, what if we _____"
"Don't get upset"	➔	"It's ok to feel that way, but _____"
"That's not for you"	➔	"That's _____'s, can I offer you _____?"
"We can't play"/"Have to stop playing"	➔	"Maybe we can play later after _____"/"We have to go"