
DTB HORIZONS

THE
POWER
OF WORDS

LENORA EDWARDS, MS

DTBHORIZONS.COM

welcome



NICE TO MEET YOU

I'm so glad you're here to explore the profound power of words with me.

Your voice, both outer and inner, holds incredible potential to shape your reality. Like a favorite song that stirs your soul, your self-expression reflects the essence of who you are.

Your words go beyond mere communication. They represent your self-worth and identity. They influence how you perceive obstacles, talents, and relationships.

The words you use internally and externally hold sway over nearly every aspect of your life. By adjusting your internal language, you can transform your outer world. My hope is that you uncover your voice's magnificent strength to pursue your boldest dreams.

Lenora Edwards, M.S.





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The message
behind the words
is the voice of the
heart.

RUMI

WHY IT MATTERS

Our voice is truly is one of the most powerful tools we have to shape our lives and empower ourselves.

The voice in our head is always there. This is why it matters. Our self-talk shapes how we see ourselves, the world around us and what we believe we can achieve.

A cruel, critical inner voice breeds anxiety, depression, and self-sabotage. But with some awareness, we can nurture a kinder inner voice that motivates and lifts us up.

When we transform how we talk to ourselves and about ourselves, we literally transform our world.

By shifting the words, tone, rhythm, cadence and pitch of our self-talk to be more positive, empowering and supportive, we reprogram our thinking on a neural level.

We build new mental habits and belief systems that shape our reality.

Transform

Introduction

LETS GET STARTED

The way you talk to yourself profoundly impacts how you feel, act, and experience life. Your inner dialogue shapes your self-perception, beliefs, and behaviors. It influences the lens through which you see yourself and the world around you.

Learning to become aware of your habitual self-talk and intentionally replace disempowering messages with encouraging alternatives can transform your life. By taking responsibility for your inner conversation, you gain the power to reshape limiting beliefs, improve your self-confidence, manage difficult emotions, and overcome self-sabotaging tendencies.

The journey begins with self-inquiry and a commitment to growth. As you fine-tune your self-talk over time, you strengthen neural pathways in the brain associated with positivity, empowerment, and success. With practice, new habits take hold. But it takes diligence, patience, and compassion for yourself in the process.

This book will explore common forms of negative self-talk and their impact, as well as powerful techniques to transform your inner dialogue through asking empowering questions. You have everything you need within you to create lasting change. Are you ready to tap into the power of your words and mind to elevate your life?

Let's begin!

Your Voice

Many of us are in the habit of engaging in negative internal conversations with ourselves. Common forms of harmful self-talk include:

Self-criticism - Focusing on flaws, failures, inadequacies

Pessimism - Expecting the worst case scenario

Self-limiting beliefs - Doubting abilities, imposing restrictions

Blame - Attacking or judging yourself

Comparisons - Measuring up unfavorably to others

This repetitive self-directed negativity reinforces limited beliefs about yourself and what's possible in your life. It puts you in a headspace of disempowerment, eroding self-confidence and generating stress, anxiety, and depression.

Words are power. When your self-talk is overwhelmingly critical, it colors how you perceive events and makes you more likely to view challenges through a lens of victimhood. You get stuck in the cycle of defaulting to habitual ways of thinking.

Neuroscience shows our brains are continually learning and wiring new neural connections. The downside is negative thought patterns can solidify over time. The good news is you can retrain your brain's circuitry through conscious effort and repetition.

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There is nothing more important to true growth than realizing that you are not the voice of the mind – you are the one who hears it.

MICHAEL SINGER

Your Power

Asking yourself high quality questions is such a simple but profound way to transform limiting self-talk and open up new possibilities. Our habitual questions really shape what we focus on and the answers we arrive at.

Open-ended questions that start with "why, how, what, when" can explore motivations, surface creative solutions, and provide insights. For example, asking yourself "Why do I feel stuck in my career? What small steps could move me forward? How can I reframe this challenge as an opportunity?"

Affirmation questions highlight existing strengths, talents and resources within you. For instance, "Why am I a caring friend? What unique skills do I bring to my work? How have I overcome difficult times in the past?"

Reframing involves turning problems into opportunities by asking questions like "What is this experience trying to teach me? How might this make me wiser and stronger?" This builds resilience.

Solution-focused questions zero in on actions to improve a situation, such as "What three small steps could I take this week to declutter my home?" This boosts agency and self-efficacy.

Self-compassion questions help give you what you need to feel supported in hard times, for example "What kind words could I offer myself right now? What would help me feel safe and comforted?" This builds emotional resilience.

By getting in the habit of asking yourself empowering questions, you equip yourself with tools to shift out of fear or scarcity mindsets and move powerfully into growth and possibility.

Your Tools

With consistent practice, you can form new mental habits that empower yourself through encouraging inner conversations. Here are some techniques:

- Notice disempowering self-talk without judgment. Simply increase your awareness at first.
- Actively counter negative phrases with positive, uplifting alternatives. “I’m inadequate” becomes “I’m learning and growing.”
- Imagine how a wise, nurturing friend would counsel you. Show that kindness to yourself.
- Keep a daily journal to log negative self-talk. Process it through writing.
- Meditate on positive affirmations and mantras to reinforce new neural patterns.
- Express gratitude and celebrate even small wins and progress as you learn.
- Visualize desired situations and attributes you wish to cultivate. Involve all senses.
- Challenge limiting beliefs triggered by negative self-talk. Ask “Is this 100% true?”
- Practice self-compassion. Talk to yourself as you would a loved one struggling.



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Successful people
ask better
questions, and as a
result they get
better answers.

TONY ROBBINS

Your Tools

My coach was the first one to introduce me to the power of questioning affirmations.

Questioning affirmations is based on the work of Noah St. John and others.

Here's a reminder of why they can be so effective:

“My coach was the first person to introduce me to this incredible powerful tool and I use it all the time!”

Affirmations phrased as empowering questions help you unlock positive changes. Asking "Why am I able to..." or "What am I doing differently that allows me to..." focuses your mind on solutions, strengths, and resources you already have within.

This shifts your thinking from problems to possibilities. The mental search for an answer generates more positive emotions, optimism and awareness of beneficial behaviors you may be overlooking.

Over time, regularly asking yourself better questions repatterns your brain's neural connections to find evidence of what's working. You reinforce and amplify breakthroughs, rather than staying stuck in struggle.

In the pages that follow are a list of questions to help get you started.

Asking yourself these types of empowering questions will continue to help you generate better feeling answers, raise your self-awareness, and do more of what already works.



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When you change
the way you look at
things, the things
you look at change.

WAYNE DYER



Questioning Affirmations

- **Why am I able to appreciate the beauty and blessings in each moment?**
- **What am I doing differently that allows me to greet each day with optimism?**
- **Why is it becoming easier for me to move through my tasks with focus and productivity?**
- **How am I able to let go of what doesn't serve me and stay present?**
- **What is helping me stay centered when challenges arise?**
- **Why do I feel equipped to handle anything that comes my way?**
- **How have I learned to be more patient and compassionate with myself?**
- **What is allowing me to see setbacks as opportunities to grow?**
- **Why am I feeling so confident in my abilities to have a great day?**
- **Why have I become so skilled at managing my thoughts, emotions, and behaviors?**
- **What is helping me take care of my mental and physical needs?**
- **How am I able to find more joy and gratitude in ordinary moments?**



Questioning Affirmations

- Why have I become so good at communicating my needs to others?
- What is allowing me to feel deeply connected to my purpose?
- Why do I feel deserving of love, joy, and abundance?
- How am I able to quiet my inner critic and be my own cheerleader?
- Why is it easy for me to release negativity and embrace the positive?
- What is motivating me to keep taking steps forward, even small ones?
- Why do I believe in my ability to succeed and thrive?
- How have I learned to be more present to the gifts in myself and others?
- What am I appreciating about my own resilience and inner strengths?
- Why am I feeling so centered, grounded, and peaceful within myself?
- How have I become so good at creating healthy daily routines that support me?
- What is helping me let go of worrying about the future and past?
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Questioning Affirmations

- **Why is each day an opportunity to grow, learn, and thrive?**
- **What am I doing differently that allows me to feel so centered and peaceful?**
- **How have I become so resilient in the face of life's inevitable challenges?**
- **Why do I know I have the inner wisdom and strength to handle anything?**
- **What is helping me become more conscious and proactive in my thoughts and behaviors?**
- **Why am I able to act from a place of love versus fear?**
- **How am I learning to be fully present and engaged with each moment?**
- **What tools am I using to process emotions in a healthy way?**
- **Why do I believe I deserve to live a joyful, purposeful life?**
- **How have I become so skilled at quieting my inner critic?**
- **What am I appreciating about myself today?**
- **Why is my compassion for myself and others growing?**

Your Control

Exercising control over your self-talk is an ongoing journey of self-inquiry and desire for growth. Don't become discouraged by occasional setbacks. Stick with it and the cumulative effects will gain momentum.

Believe in your innate ability to create lasting transformation. With consistent reinforcement, new thought habits and neural wiring will strengthen over time. You hold immense power within you!

By learning to consciously direct your inner conversations, you take steps each day to become your best self. When you transform your self-talk, you transform your reality. This lifelong path begins from within.

I sincerely appreciate you taking the time to read my e-book. My goal is to share empowering perspectives that help others transform their self-talk and elevate their lives.

If you found value in this book, I would be grateful if you could pay it forward by recommending it to someone who may also benefit from these insights. Supporting each other on our journeys of growth and positive change is so important.

Please feel free to reach out if you have any other questions!

Wishing you continued success as you master the power of your inner voice.

Be sure to follow for more!



Want to learn more?

For more information and to work 1:1 with me to transform your life, visit:

DTBHorizons.com

I offer a complimentary consultation and easy online booking.

My mission is to help people let go of the things that are holding them back and keeping them stuck, so they can live the life they desire - one filled with health, wealth and happiness.

Through our work together, you can break free and create real, lasting changes.



Disclaimer: Although these services provide valuable benefit and assistance to one's well-being, personal care and progress, they are not a substitute for psychological services, or medical treatment and care. Please consult with your therapist and/or physician before proceeding with these services. I support the coordination of services for a client that is under the supervision of a therapist and/or physician.

get to know me



ABOUT ME

As someone who had struggled deeply with critical inner voices, a limited mindset, negative thought patterns, anxiety and an eating disorder, I know firsthand that it is possible to break free from those limiting thoughts and self sabotaging behaviors.

What took me more than a decade to understand, I can break it down for you in one simple sentence.

It is all about your language.

The language you use to talk to yourself, to talk about yourself and to talk to others.

Change the way you speak to yourself and changes will happen faster than you can possibly imagine.



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What the mind can conceive
and believe, the mind can
achieve regardless of how
many times .you may have
failed in the past or how lofty
yours aims and hopes may be.

NAPOLEAN HILL