



SPIRITUAL MENTORING PROGRAM

Day 19: Powerful Communication with Others

I read an extremely powerful book a while ago called *The Four Agreements*. One of the “agreements” was to never take anything personal. This basically means that whether someone has something “good” or “bad” to say - don’t take it personal. Essentially this says that if someone is speaking negatively about you, you do not have to take ownership of it, accept it as truth, or agree with it. Ultimately you have the power to take the power away from words by not agreeing with them.

In the same right, when people are showering you with praise, do not take that personal either. Why would you not want to make an agreement with something good? Well... what happens on the day that person is not available to shower you with praise? Will all of those things not be true? *You shouldn’t take anything personal because those truths belong to the other person.* What you should do is find out what is the absolute truth for you and no matter what anyone else says for or against that truth you continue to stand firm in your truth. Don’t. Take. Anything. Personal.

Having said all of that, today’s lesson is simply “Don’t try to force your truth onto others.” This will help you to have powerful communication with others because instead of waiting for the chance to prove someone wrong or tell someone “how it is” you’ll be actually listening to them, hearing them, and “maybe” even growing with them.

This isn’t easy. But it’s a great practice to get into. I’m recommending you read *The Four Agreements* as soon as you can. It’s an incredible book by Miguel Ruiz.

sometimes we get caught up in disagreements and follow down the rabbit hole of unhealthy, negative communication with others because we haven't prepared ourselves for how we would respond "if..."

Action Item Part I:

Use the space below to write down your response to the following prompts:

1. You are going to always be stuck in this space.

2. You are not enough.

3. You are not beautiful.

4. You are not as smart as...

5. You don't deserve....

**Notice how many of these outward communications often reflect some of your inward communications. Don't judge. Just notice.*

Action Item Part II:

Take all of your responses and put them on individual "Sticky Notes" and hang them some place where you can see them and practice them often.