

Positive Moments, Positive Words

PROJECT
**BOLD
LIFE**

There are **20,000** memorable moments in a day, which means **20,000** chances for you to make **positive moments** for yourself and others.



Instead of Saying...

...Say This Instead

I don't like this/that.

This/that is not my favorite thing.

Stop doing this/that.

Wouldn't it be better to do that/this?

You are wrong.

Can you think of a better answer/solution?

What's the matter with you?

What's going on today?

If you do this/that, you will [be punished/get your butt kicked/suffer negative consequences]

Let's think of a different course of action, one that doesn't lead to a potentially unwanted outcome.

You can't do this/that.

It would be better to do that/this—don't you think?

Clean your room—it's a disaster area.

Let's work together to prevent child protective services from taking you away.

This meal you cooked is awful.

Your track record of cooking great meals is impeccable, but this one isn't among my favorites.

I can't stand it when you do this/that.

I prefer when you do that/this.

That outfit makes you look fat.

Honey, here's my credit card.

A giant meteor is about to strike Earth!

Things are about to get really interesting around here.