



There is no one like your partner in life to tell you when you repeat certain words.

You know the words. They don't surprise anyone. Nothing new is being added or said. It's just filler, mortaring sentences together like mud and bricks.

I didn't realize how much I used the words "great" and "absolutely" and "fantastic" until my husband asked me what happened that was so "absolutely fantastic" as I hung up the phone one day.

My explanation didn't fulfill the amazement expressed in my words and tone. If something is fantastic it has to be:

*Sensational.*

*Outstanding.*

*Dazzling.*

*First rate.*

*Stunning.*

*Breathtaking.*

*Delicious.*

*Mind-blowing.*

And not just *interesting*.

So I've taken a moratorium on the word fantastic to see if I can move from being automatic in my conversations to being present to create in words my true meaning.

The world of words opens up in new ways when you're present and curious to what you're experiencing in the moment.

Curiosity causes more questions than conclusions.

Join me in a practice this week to notice your words, and discover if they still have meaning or if they've just become filler.

Once you notice take a moment to listen. Let the true word find you.

**My love goes with you as you work with this Uplifting Moment.**