



ORTHO2

Your Word, Your World

Salagadoola mechicka boola
Bibbidi-bobbidi-boo

Put them together and what have you got
Bibbidi-bobbidi-boo

And with those magic words and a wave of her wand, Cinderella's fairy godmother transformed the neglected and abused girl's life into a dream-come-true life of love and luxury.

And I've been looking for my fairy godmother ever since! Well, not exactly. I did come to realize as a young adult there is neither a fairy godmother nor a prince charming who's going to save me from a life of misery! But I did discover there is magic in words, and that they can transform any circumstance and free me up from whatever limiting beliefs I have.

Words really are magical. Written words, including books, can transport you to lands you've never seen, introduce you to cultures you've never known, and expand your world and your sense of self. Words can also hurt. When I was a kid, my friends and I used to say, "Sticks and stones may break my bones, but words will never harm me." Ah, if only that were true. Words can and do hurt. Words from adults can form beliefs in young minds and program them for success or failure. In fact, the words we tell ourselves as adults – that little voice in our heads that is constantly evaluating everything we do, how we look, our assessments of others, and of the situations we're in – are really embedded echoes of what we heard in our formative years and not something we made up.

This constant, and mostly unconscious, chatter in our heads determines how we view and perceive life. If your unconscious belief in love, money, success, friends, (fill in the blank) is scarce, then no matter how many adoring fans or how much money or accolades you amass, you will not be satisfied. In fact, you may not even be able to see them! For example, many people who grew up during the Great Depression had a very strong belief that money is scarce. No matter how much money they accumulated

by **Joan Garbo**

as an adult, they always thought of themselves as poor, and lived that way despite small fortunes stowed away in banks and cookie jars. We've all met someone who fits the description of "a fat person walking around in a skinny body." He or she was fat at some point in life, but his/her self-talk never changed even after losing weight, and the internal conversation was still about being too fat.

So remember, whatever you are saying to yourself will determine, and even control, the actions you take in response to the circumstances in your life.

The really good news is you are not chained to your past. You absolutely can reprogram your mind and create beliefs that will open doors of possibility that you had thought were locked shut! It does take some work, and in particular, it requires you to tune in to and stay aware of what that little voice is telling you.

For instance, next time it says, "You're an idiot!" when you make a mistake, don't let it slide by and thus agree with it. Instead, just say, "Thank you for sharing. Now, what can I learn from this?" Every time you become aware of some negative self-talk, even something as simple as telling yourself you don't look good today, immediately alter the conversation. Give thanks that you have a choice as to how you want to look. (This is especially true for women—thank goodness for makeup!) Start affirming everything that is good and attractive about you. If you can't think of anything, recall the compliments and sweet things the people who love you most tell you most often. When someone pays you a compliment, don't brush it off but rather say, "Thank you."

If there is some dream you've had but have given up on because of the negative self-talk, find someone who has

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About the Author



Joan Garbo is a coach, speaker, and consultant specializing in effective communication skills, team building, and leadership skills. She will be presenting at the 2017 Users Group Meeting in Orange County, California.

achieved that same goal. If they've written a book, read it and find out about their journey and how it can support you. If they haven't written a book, go meet with them and interview them to see how their journey and their habits and their beliefs could help you.

We may not have a fairy godmother who can turn mice into horses, or a pumpkin into a stunning carriage just by saying Bibbidi-bobbidi-boo. But we still have the magic power of words and the ability to create our dreams coming true!

One other point I'd like to make: while they may not be fairy godmothers as depicted by Disney, there are a host of consultants who will be offering their magic potions for success at the Ortho2 Users Group Meeting in Orange County, California in February. Whether it's marketing, team building, scheduling, clinical expertise, or efficiency and training with your software programs that you want or need support in, there will be a "magician" to show you the ropes and help you realize your dreams. See you in Orange County! ♡