



## The One Word That Depletes the Soul

NAME:

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This worksheet is a supplement training guide to “The One Word That Depletes the Soul” video posted on May 21, 2016.

Words have the power to trap us in a state of mediocrity. There is one particular word that seems to be the most dangerous to our psyche. Check out this [video](#) to find out what that one word is and to make sure you hit delete from your consciousness.

Download our FREE WORKSHEET for this video here:

<http://journeytopersonalgreatness.com/greatness-training-guide/>

A word has the power to change your life. For more than a decade, technology has brought words into our lives more than ever before. No longer are words just what we hear, write or read – they have become what we create and how we interact with the world around us.

So, what is the one word that depletes the soul? The word is, “why”. The problem with why is there is no real answer to why. It’s a deliberating words and leads you nowhere.

*Are you a victim of asking too much “why”? Describe an event.*

When life puts you in tough situations, don't say "why...Say try me! Accept your situation and work on it. Be as adaptable as water. Water always find the least resistance. It's fluid. That's what

*Does this topic empower you or disempower you?*



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***Success always comes when preparation meets opportunity-Henry Hartman***

“The secret of success in life is for a man to be ready for his opportunity when it comes.”  
~Benjamin Disraeli

“*Before anything else, preparation is the key to success.*” ~ Alexander Graham Bell