

Don't Be An Asp!



Fran Zone

We all have aspirations. We all have dreams. Too often, our aspirations make an **'asp'** of our dreams and relegate them to the stuff bitter disappointment is made of. **Dreams can't come true as long as they are articulated as aspirations.** The language of aspiration is tentative. Even worse, using it **puts the listener in charge** of **when** or **if** your aspirations will ever become real.

When you tell someone you are **'trying'** to do something, **you give them permission** to decide whether you **are** doing it and whether or not you actually **can** do it. One little aspiration word has turned your action item into a referendum to all who hear it.

2 Words that Hold You Back

The Language of Commitment

Trying



Focused On

Hoping



Committed To

Here's how to regain control:

- **No Asps:** Remove **all** tentative language from your vocabulary. **First to go:** words that end in 'ing' like hoping, working, and trying.
- **Get in The NOW.** **Commitment language** always **starts in the now** and creates positive assumptions about what to expect in the future. Instead of telling someone what you are 'trying' to do, tell them what you are **committed to** or **focused on**. That small, deliberate word change puts you in the now and tells others what to expect from you going forward. Try it!
- **Be Deliberate.** Using deliberate, positive, **can-do** language tells others you **can do** whatever you set your mind to.

Colleagues want to know what you are **committed** to do, **not** what you are **trying** to do. A little self-editing and deliberate language can **put you in charge** of making your dreams come true **now**.

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