

# Language Converter



Guide to convert disempowering people pleasing thoughts & language into confident empowering thoughts & language

## It's time to Claim Your Voice

### Disempowering vs Empowering

<i>I should ...</i>	<i>I could ...</i>
<i>I hope to ...</i>	<i>I intend to ...</i>
<i>I don't know ...</i>	<i>I will find out ...</i>
<i>Life is a struggle</i>	<i>Life is an adventure</i>
<i>What will I do?</i>	<i>I can handle this!</i>
<i>I have to ...</i>	<i>I get to ...</i>
<i>I'm busy</i>	<i>I'm productive</i>
<i>I'm so tired</i>	<i>I get to sleep tonight!</i>



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## Disempowering vs Empowering

<i>I'm not good enough for that</i>	<i>I have unique strengths to offer</i>
<i>I don't want to bother anyone</i>	<i>My needs matter &amp; I'll speak up</i>
<i>I don't want to rock the boat</i>	<i>I'll voice my opinion courageously</i>
<i>I can't say no, I don't want to disappoint anyone</i>	<i>I'll set healthy boundaries with confidence</i>
<i>I'm not smart, strong, capable enough</i>	<i>I am worthy exactly as I am</i>
<i>This is a challenge</i>	<i>This is an opportunity</i>
<i>I hope to ...</i>	<i>I intend to ...</i>
<i>I don't know ...</i>	<i>I do know and will find out ...</i>
<i>I can't handle this, can't cope</i>	<i>I get to manage this</i>
<i>I don't have time</i>	<i>It's not a priority right now</i>



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## Disempowering vs Empowering

<i>I wish I had more ...</i>	<i>I am so grateful for ...</i>
<i>I can't do that, it's too hard</i>	<i>I'll give it my best shot</i>
<i>This is a problem</i>	<i>This is an opportunity</i>
<i>Life is too hard</i>	<i>I have a choice to learn</i>
<i>It's not my fault</i>	<i>I am responsible for ...</i>
<i>I am done!</i>	<i>It's gonna be ok ...</i>
<i>I hope to ...</i>	<i>I intend to ...</i>
<i>I don't know ...</i>	<i>I do know and will find out ...</i>
<i>I can't handle this, can't cope</i>	<i>I get to manage this</i>
<i>I don't have time</i>	<i>It's not a priority right now</i>



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## Disempowering vs Empowering

<i>I don't want to seem selfish</i>	<i>I deserve to have my needs met</i>
<i>I don't want to seem bossy or pushy</i>	<i>I'll lead with assertiveness &amp; conviction</i>
<i>I shouldn't take up too much space</i>	<i>I have a right to claim my space</i>
<i>I can't make a decision, I'll mess up</i>	<i>I'm capable of making informed choices</i>
<i>I don't want to express my emotions cause that's weak</i>	<i>Expressing myself is a sign of strength and confidence</i>
<i>OK, I'll do it</i>	<i>Let me check my schedule &amp; I'll get back to you</i>
<i>OK, I'll do it</i>	<i>Thanks for asking, I have other priorities I need to work on</i>
<i>OK, I'll do it</i>	<i>No thanks, I've got enough on my plate right now</i>
<i>OK, I'll do it</i>	<i>No ... thanks for thinking of me though.</i>
<i>OK, I'll do it</i>	<i>No (with a smile or not).</i>





# About Janine ...



Janine is a renowned expert in personal development and healing, specializing in Rapid Transformational Therapy (RTT), Hypnotherapy, and Integrative Health & Empowerment Coaching. Her professional journey is rooted in her own experiences of overcoming personal trauma and familial dysfunction, particularly as an Adult Child of Alcoholics. This background fuels her passion for helping women overcome similar challenges through deep emotional healing and empowerment.

Her therapeutic work is dedicated to breaking cycles of familial dysfunction and people-pleasing behaviours, leading clients toward emotional freedom and resilience. Janine's Fatherless Daughters program further exemplifies her commitment to supporting women through transformative healing processes.

Based out of a rustic lakefront cabin in the Yukon, Janine's dynamic online presence and dedication have empowered countless women to rewrite their narratives and reclaim their lives. Join her community to transform past beliefs into personal power.

*Change your Thoughts - Change Your Life*

