

The LITTLE BOOK of
POWER WORDS

*Tricks and Tools to Create
Real Magic in Your Life*



INCLUDES A LIST OF OVER 400 POWER WORDS!

DAN TROMMATER

A NOTE ON POWER WORDS:

Power Words are a word or phrase you pick as a theme to guide the decisions you make as you move towards continuous improvement.

You'll choose a Power Word that represents what you want more of in your life. It will serve as a gentle daily reminder to take small actions.

By making small consistent steps, you'll find they add up quickly you will indeed have more of what you want in your life.

Power Words help you focus on what you want from life and help you navigate the small choices every day that accumulate into substantial change.

While they are perfect for people who aren't motivated by traditional goal setting, Power Words can also be used by those who are goal-oriented as an anchor to keep them focused on the qualities that will help them be successful in their pursuits.

Power Words help you create clarity, purpose and passion. It's easy to underestimate the potency of the simple act of committing to a Power Word, but they really do work because they are such an easy and effective way to create change in bite size chunks.



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HOW TO PICK A POWER WORD

While some might find the process easy and quick, others will need to take more time to settle a Power Word. **You need a word that feels meaningful, authentic and moving to you.** It's something you have to feel committed to.

Here's an exercise that will help you find yours:

- ▶ 1. Make a list of what you want more of in your life.**
Consider all the important areas of your life - family, work, health, friends.
- ▶ 2. Identify the emotion.**
If I had this <change> in my life, then I would feel <emotion>.
- ▶ 3. Look for a common theme and consider words with similar meanings.**
Sometimes just a small adjustment in meaning can be the difference in finding a Power Word that really gets you juiced. If you are needing inspiration, check out the list of 400+ Power Words at the end of this PDF.
- ▶ 4. Make sure it's growth focused and stated in the positive.**
You are looking for a Power Word that creates more of what you want in your life, rather than being focused on what you don't want. For example, "bravery" is more effective than "fearless".
- ▶ 5. Take your Power Word for a test run.**
It's ok to play around with your new Power Word. You aren't married to it. Last year I changed mine after a couple of weeks because the original word didn't feel right. If you feel intimidated by a long commitment, like a year, try a monthly theme instead.

AMP UP YOUR POWER WORD WITH **DAILY PRACTICE**

A Power Word has power by the simple fact that you *infuse* it with power. **Each time you use one, it becomes more powerful. This isn't "magic" - it's neuroplasticity.** Every time you practice your Power Word, it makes your neural pathway stronger. This is how habits are created.

By creating a regular practice, it will help keep your power word top of mind. Set a time each day in your calendar and commit to it and then set an alarm to remind you.

Another great way to make your Power Word a practice is to involve some friends. Start a Facebook accountability group or simply do a daily check-in.

Here's some great ways you can practice daily:

JOURNAL

Journaling is not only a great daily Power Word practice, it's good for your health and is a great outlet for stress. While all you need is a good old fashioned notebook and pen, there are some beautiful journals on the market. If you are more of a tech geek, try Day One for iPhone or Journey for Android. Evernote is also a great free tool for journaling (and organizing your life).

TAKE PHOTOS

Sharing a daily photo on Instagram was very effective for my 2017 theme of gratitude and savouring. If you aren't comfortable sharing your Power Word journey with the whole world, try a photo app like **Photo365** on iPhone or **Journey** for Android.

SOCIAL MEDIA

Sharing a daily status update or picture on Social Media can be a fun way to get your friends and family involved in your journey.

Try some of these:

- Sharing an Instagram Story - a quick video or picture that disappears after 24 hours. There is a similar tool in Facebook Messenger.
- Create a Youtube video dairy.
- Tweet or share a Facebook status update.
- Share photos across Instagram, Facebook or Twitter.
- If your Power Word is business related, share related articles on LinkedIn.

ART

Art is fun, builds your creativity and helps let go of stress. Sketch, draw, paint, collage, print, sculpt or what ever art inspires you each day. You don't have to consider yourself talented to enjoy art. Just create something and see what happens.

Share Your Power Word With Me!



I'd love to share in your Power Word journey. I create my daily Power Word posts on Instagram. Tag @dantrommater and use #my2018powerword to share your posts with me.

Dan helps teams improve engagement, better solve problems & boost performance with unique keynotes & workshops.

By using world-class magic, humour, stories & interactive exercises he delivers a powerful message about learning to see things from other people's perspective to improve communication & influence. This provides business and life changing opportunities for those who adopt it.

MEDITATION

There are many different forms of meditation. One type is to focus your attention on a word and it's true meaning. Start by focusing on your breath and when you start to feel relaxed and grounded, focus on the word and allow yourself to consciously explore what that word means.

Another type of meditation is cultivating the feeling that you want to embody. Once you have focused on your breathing to ground yourself, start creating or noticing the feeling you want to create in your body. If you can't access it straight away, think of someone or something that makes you feel that way.

Find out how a customized program can help your next team meeting, event or workshop.

Contact Dan Today

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AN INCOMPLETE LIST OF POWER WORDS

Above and Beyond
Acceptance
Accessibility
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Adventure
Agility
Altruism
Ambition
Amusement
Appreciation
Assertive
Attention to Detail
Authenticity
Authority
Autonomy
Awareness
Balance
Beauty
Being the Best
Belonging
Boldness
Bravery
Brilliance
Calmness
Candor
Capability
Carefulness
Caring
Certainty
Challenge
Change
Character
Charity
Cheerful
Clever
Certainty
Challenge
Change
Character
Charity
Cheerful
Clever
Collaboration
Comfort
Commitment
Common Sense
Communication
Community
Compassion
Competence
Competitive
Composure
Confidence
Connection
Consistency
Contentment
Continuity
Continuous Improvement
Contribution
Control
Conviction
Cooperation
Coordination
Cordiality
Correct
Courage
Courtesy
Creativity
Credibility
Curiosity
Daring
Decisiveness
Dedication
Delight
Dependability
Depth
Determination
Different
Dignity
Diligence
Directness
Discipline
Discovery
Discretion
Diversity
Dominance
Down-to-Earth
Drive
Duty
Eagerness
Effective
Efficiency
Elegance
Empathy
Employees
Empowering
Encouragement
Endurance
Energy
Engagement
Enjoyment
Enough
Entertainment
Enthusiasm
Entrepreneurship
Environment
Equality
Ethical
Exceed Expectations
Excellence

AN INCOMPLETE LIST OF POWER WORDS

Experience
Expertise
Exploration
Exuberance
Fairness
Faith
Fame
Family
Fast
Fearless
Ferocious
Fierce
Firm
Fitness
Flair
Flexibility
Fluency
Focus
Focus on Future
Foresight
Forgive
Formal
Fortitude
Freedom
Fresh
Friendship
Fun
Generosity
Genius
Gentle
Giving
Global
Goodness
Goodwill
Gratitude
Greatness
Grow
Guidance

Happiness
Hard Work
Harmony
Health
Heart
Helpful
Heroism
History
Honesty
Honor
Hope
Humor
Imagination
Impact
Improvement
Independence
Individuality
Influence
Inner Harmony
Innovation
Inquisitive
Insightful
Inspiration
Inspire
Integrity
Intelligence
Intuitive
Invention
Inviting
Joy
Justice
Kindness
Knowledge
Leadership
Learn
Listening
Lively
Longevity

Love
Loyalty
Mastery
Maximizing
Meaningful Work
Mellow
Members
Merit
Meticulous
Mindful
Moderation
Modesty
Motivation
Mystery
Neatness
Nerve
Obedience
Open-Minded
Openness
Optimism
Order
Organization
Originality
Outrageous
Partnership
Passion
Patience
Patriotism
Peace
Perfection
Performance
Perseverance
Persistence
Personal Development
Personal Growth
Perceptive
Persuasive
Philanthropy
Playfulness

AN INCOMPLETE LIST OF POWER WORDS

Pleasure
Poise
Polish
Popularity
Positivity
Potency
Potential
Powerful
Practical
Pragmatic
Prepared
Pride
Productivity
Professionalism
Profitability
Progress
Prosperity
Purity
Pursuit
Quality
Real
Realistic
Reason
Recognition
Recreation
Refined
Reflection
Relationships
Relaxation
Reliability
Reputation
Resilience
Resourcefulness
Respect
Rest
Restraint
Results
Risk Taking
Savour
Security
Self Awareness
Self Motivation
Self Responsibility
Self-Control
Self-Directed
Self-Reliance
Self-Respect
Selfless
Sense of Humor
Serenity
Service
Sharing
Significance
Silence
Silliness
Simplicity
Sincerity
Skillfulness
Smart
Solitude
Speed
Spontaneous
Stewardship
Strength
Structure
Success
Support
Sustainability
Sympathy
Synergy
Talent
Teamwork
Thankful
Thorough
Thoughtful
Thrive
Toughness
Training
Tranquility
Transparency
Trust
Truth
Understanding
Uniqueness
Unity
Valor
Value
Variety
Vigor
Virtue
Vision
Vitality
Warmth
Wealth
Welcoming
Willfulness
Winning
Wisdom
Wisdom
Wonder
Work/Life Balance
Worldwide
Yes