

## 533: How One Word Can Change Your Entire Life



### Full Episode Transcript

With Your Host

**Jody Moore**

[Better Than Happy](#) with Jody Moore

## 533: How One Word Can Change Your Entire Life

Sometimes all the good advice and information and knowledge available to us is actually keeping us stuck because our simple minds become overwhelmed. There's so much good information out there, so much good advice, so many people offering us strategies and tactics and mindset stuff and all the things that I offer you here on this podcast even. But if you find that you're stuck, you're having trouble changing a habit maybe that you want to change or solving for some kind of problem or achieving some kind of goal in your life, and you're trying to incorporate everything, but you're just not sure why it's not working.

Today's episode is for you. We're going to dial it down to why sometimes it's a matter of one single word that can change everything. This is *Better Than Happy*, episode 533: How One Word Can Change Your Life. Let's go.

Welcome to *Better Than Happy*, the podcast where we transform our lives by transforming ourselves. My name is Jody Moore. In the decade-plus I've been working with clients as a Master Certified Coach, I've helped tens of thousands of people to become empowered. And from empowered, the things that seemed hard become trivial, and the things that seemed impossible become available, and suddenly, a whole new world of desire and possibility open up to you. And what do you do with that?

Well, that's the question... what will you do? Let's find out.

Sometimes, listening to a podcast is enough. But sometimes, you'll feel inspired to go deeper. If you hear things that speak to you in today's episode, consider it your invitation to a complimentary coaching workshop.

On this live, interactive Zoom call with me, you'll get a taste of the power of this work when applied in real life. You can participate, or be a silent observer. But you have to take a step if you want to truly see change in your life... two steps, actually. Head to [JodyMoore.com/freecoaching](https://JodyMoore.com/freecoaching) and register. Then you just have to show up. Your best life is waiting for you. Will you show up for it? [JodyMoore.com/freecoaching](https://JodyMoore.com/freecoaching). I'll see you there.

## 533: How One Word Can Change Your Entire Life

Hey there, everybody. Welcome to the podcast. Thank you so much for tuning in today. I know that your time is valuable. I know you have lots of options of what to listen to, and I hope that today's episode will leave you feeling empowered and more joyful and lighter and more motivated to go after what you want. Because I believe that what you want is available to you. Otherwise, you wouldn't want it.

All right, I could go off on a whole tangent about that. We're not going to do that today. Let me just start with some quick updates. Last week, as of the time I'm recording this, I got to hang out with a bunch of you live here in the San Diego area. We did our 12 for 12 workshop, which is get 12 clients in 12 weeks for all my coaches building businesses, and oh my gosh, it was amazing. Like the energy that you guys brought, the fire that was in that room, the ideas, the inspiration, the support, the tears, all of it, I'm still on a huge high from. So thank you to everybody that came to that.

We also then did a couple of VIP power coaching days. Those of you in The Lab know that once you've been there for 6 months or longer, you get to come spend a day with me in San Diego for free, and we do massive amounts of coaching all day long and we go deep and really dive into subjects. And again, such an amazing day. I love you all, everyone who came. If you weren't there, put it on your bucket list to come and hang out with me live. I love so much being with you guys in person, so selfishly, I need it for me, but I know you guys get a lot out of it, out of being not just with me, but with each other live. It's just a totally different experience, right?

Okay, so today I wanted to talk about some single words that can be game-changers. And I know that because sometimes I offer them to my clients when I'm coaching them, but more often even, I use them to get my own brain in the right place, to get it working for me instead of working against me. And that is literally how I think about my brain, is that it always thinks it's working for me. It's always attempting to work for me, but sometimes the very things that's offering me that it thinks are helping me are doing the

## 533: How One Word Can Change Your Entire Life

exact opposite. They are actually sabotaging me. So it never has bad intentions, but it is often misguided.

And that's where our ability to use the tools that I'm teaching you here to become just aware in the first place of the difference between facts and thoughts and know that thoughts are not facts, that they are optional, that there's more than one way to tell any story. There's more than one way to think about any situation, and certain ways are going to serve us better than others. That knowledge alone will shift a lot for you. But then being able to redirect your brain when you choose to, when appropriate, when necessary, when you want to get a different result.

And that's how you'll know it's appropriate and necessary, is you'll decide, I don't like the result I'm getting here. I'm tired of feeling this way. I'm tired of being frustrated and angry all the time. I'm tired of feeling sorry for myself. I'm tired of blaming people and being mad at people or being freaked out about the state of the world, being anxious, being panicked, being overwhelmed, being scared. Whatever you're tired of feeling is an indicator that maybe you want to go in and take a look at what you're thinking. Now, that's not to say that everything's all in your head.

Okay, that's not what I mean. I don't mean that you shouldn't take action to create what you want in your life. In fact, I want you to take lots of action to create what you want in your life. I just know that sometimes the reason we're not taking action is because of what's happening in our heads. Or sometimes we're taking less effective action. The action is not quite big enough or it's not focused enough or it's not effective in the way we want it to be because of what's happening in our heads. Okay?

So I'm not talking about you just sitting around going, I guess I should just feel good about everything. I'm saying, how do I want to feel that will help me be who I want to be? What will help me show up in the way I want to show up? But what will help me even have the courage or the ideas or the capacity to be able to do that? That's what I'm talking about when I say, let's get your head straight as we take action, as we go about creating what

## 533: How One Word Can Change Your Entire Life

we want in our relationships, in our families, in our businesses, with our health, etc. You get my point?

Okay, so oftentimes, people say to me, I need a new thought. I need a new way to think about this. Now, this often happens after a little bit of coaching, or some of you are very self-aware and you're able to do that coaching on your own and identify, oh, when I think about this in this way, I create more problems for myself than solutions. I create more of what I don't want. For example, if I don't like my husband being angry and he's angry, and I get angry about his anger, or I get defensive about his anger, then now I've added more anger and defensiveness. And in some situations, that might be useful. Maybe you want or need to be angry and defensive, but in other situations, it's not. It may not be serving you. Now you might both be suffering.

And so when people discover that, they say, okay, but I need a new way to think about this now then when my husband is angry. How am I going to think about it? And what I want to offer you today is, yes, sometimes it can simply be a matter of finding a new way to think about it, but many times, that doesn't work. What? What are you talking about, Jody? That's what you've been telling us over and over again, is find a new way to think about it. And now you're saying it doesn't work? Okay, stay with me. I'm just saying sometimes you're going to go, I'm trying to think about it in this new way and it's not working.

And the reason for that is, well, there can be lots of different reasons, but let's touch on a couple of them today. One reason is that your brain doesn't really believe, or part of you in your heart doesn't really believe that it's an optional story. You believe it just is an observation of reality. Even though you might be able to articulate to me, yeah, I know that's not a fact. Like, my husband shouldn't get mad about this, for example, is not a fact. We could never prove it in a court of law. Everybody wouldn't agree on it. Your husband may not agree about it. So we can't make it a fact.

## 533: How One Word Can Change Your Entire Life

But does that mean that you shouldn't think it? Well, part of your brain is struggling to let it go because it thinks it's just true, right? This happened last week at VIP Power Coaching several times. I asked people, how do you feel when you think that? And they would say, I feel like it's true. Or I'd say, how does that thought feel? And they'd say, it feels true.

Okay? So true is not a feeling. It's just another thought, but your brain it means is coming back online going, no, that's just true. Okay? So that's one reason why just choosing a new thought isn't going to work. If your brain just thinks it's true and it thinks that it's necessary or protective or again in some way serving you to keep focusing on that true thing, then it's not going to want to let it go. Okay?

Another reason is we haven't found a new way to think about it that is believable and that we have enough evidence for. Okay? So when we go to new thoughts, new stories, they're still just thoughts. They're still made-up stories, made-up ideas about how the world should be or how your husband should be or what's okay for you or what's dangerous for you. They're all just made up, right? But we want to choose one that you can get behind in some way. Maybe you already believe it on some level, you're just forgetting to focus on it. Or maybe you have some evidence that it's true, even if it's not your own evidence, even if you can look around and notice that for other people that seems to be true, then that might be a useful way to think about it, right?

So those are some of the common reasons. But what I want to offer to you today is that you don't even have to let go of your original way of thinking if you just add one of these really powerful one-word follow-up thoughts that I'm going to offer to you. They're sort of add-ons in some cases or they might be responses to the thoughts that you already have and they might just be kind of a redirect. So again, I was talking about this today on the coaching call we did in The Lab. Somebody was like, I have all these negative thoughts about myself. I see myself on video and I just have a bunch of thoughts about how I look dumb and I sound dumb and I didn't

## 533: How One Word Can Change Your Entire Life

know I moved that way and just tons of negativity. And I was like, yeah, welcome to being a human being. Same. Same here, right?

And I think for most of us, we would say that's common unless you're used to seeing yourself on video a lot and then your brain kind of adjusts and maybe it doesn't happen as much. But for most of us who don't see ourselves on video all that often, it feels that way when we first see ourselves. And what I said to her is like, so what that you have all those thoughts? How do you reply to your brain when it gives you those thoughts? What does the conversation sound like in your head? Is it just one way where this negative part of your brain is attacking you and then there's no reply and you just shut down and you are sitting in a corner sulking and pouting and feeling bad? Or do you engage in a little bit of dialogue? Do you have a response?

And I'm not talking about fighting with that part of your brain either. I'm talking about just having a way to answer that will bring you a little bit more peace, that will make those original thoughts not so intense, not so negative, not so controlling. And that's what these four one-word thoughts can do for you. So we're going to go through each one at a time. I'm going to try to give you tons of examples of when to apply them, but I just kind of wanted to set the groundwork there, especially for those of you who might be new to me here and the work that we're doing.

So the first one-word thought that I love and I use all the time to manage my brain, if you will, is yet. Okay? So let's talk about business for a minute. I know a lot of you have your own businesses. So if I am running a new marketing campaign and my brain says, this isn't working, I just say, yet. This isn't working yet. Right? I don't know how to do this. Yet. I don't know how to do this yet. Okay?

Now, I'll tell you what. Imagine like if you said to your friend or somebody, I don't know how to do this and they said, yet. You might want to slap them, right? Because you're like, I'm just trying to complain here. I'm just kind of trying to feel sorry for myself or I'm trying to like give a valid reason why I'm

## 533: How One Word Can Change Your Entire Life

not going to try anymore for now. I'm trying to shut down taking action on this thing or thinking about this thing. I'm trying to shut it down. That's what your brain's trying to do, shut it down because it's a lot to think about, it's a lot of effort, it doesn't feel good because we're not getting the result we want, and it's trying to shut down. What happens when you say, yet?

It's the opposite of shutting down. It implies that we're going to keep trying. It implies that we're going to figure something out. And the brain does not like that. Right? My brain doesn't, anyway, sometimes. But it's so useful because I don't want to quit. I don't want to give up on the thing.

I haven't lost any weight yet. I can't eat the way I want to yet. I'm not exercising consistently yet. I'm still yelling at my kids. I haven't figured out how to stop yelling at my kids yet. What happens when we add the word yet? Suddenly the brain has to wake back up and go, okay, what am I going to try next? Where do I need to go to learn more about this? Or what strategies do I want to try next?

And that word, I'm telling you, is a game-changer. Coaches come on my calls in the lab coach access where we're coaching on business and they'll often say, I'm running a Facebook ad and it's not converting. And I always say, why in the world would you ever choose that thought? And they're like, it's not a thought, it's just true. It's just the reality, it's not converting. I'm like, what does that even mean? Is it costing more than you want it to cost or is literally not one person clicked on your ad? And even without knowing any of that, without diagnosing what's really going on here, we could just say that ad is not converting yet. It's such a better thought.

It keeps us in the driver's seat. It keeps us engaged in not only trying things and learning things, but it makes it okay that we're not there yet. This ad isn't converting has this implied underlying assumption that we should be there, that it should be working right now. It's not working yet. Yet is such a powerful word. It's only three letters, and I dare say if you add it to the end of almost any problem sentence that you have, you're going to not only

## 533: How One Word Can Change Your Entire Life

stay engaged and keep trying, but you're going to open yourself up to receiving more ideas.

I've been talking about this a lot with my clients, you guys know this, that ideas I think are interesting and somewhat we might say spiritual or mystical. Like a lot of people who are really good in whatever field they work in talk about ideas in this way. Michael Jackson talked about songs coming to him. I've heard Taylor Swift say the same thing about songs coming to her and many other musicians, right? Talk about that these songs come to them in the form of ideas. And then they need to do something with those ideas. Elizabeth Gilbert talks about this in her book *Big Magic*. She's an author, right? So she talks about ideas for stories and for books that come to her and that if she doesn't make it, if she doesn't write that book or do something with it, that idea leaves her and goes to someone else.

And I have found ideas to be very mysterious in this way as well, that when I am in a receiving mode, ideas come to me. And when I'm not, they don't. And as soon as I say to myself, I don't know what to do about this problem. I'm shutting the door on ideas. But if I say, I don't know what to do about this problem yet, I haven't figured this out yet, then I've opened the door and ideas are now invited to keep coming in. And you can think of it as sort of magical and spiritual or you can think of it as scientific because of the reticular activating system and the way the brain works. Whatever works for you, I don't care. Yet is a super powerful word. I would invite you to add it to your regular thought patterns and see what happens. It just might change your life.

Let's go to the next one-word thought. This one I actually, not that I hadn't heard of this word before, but I hadn't considered using it at the end of my thinking until my mastermind event I went to. I'm in James Wedmore's mastermind group with a group of amazing people, and it was at the mastermind that somebody brought up that this is such a useful word and I

## 533: How One Word Can Change Your Entire Life

started using it. And this was, I don't know, not even 6 months ago. I started using it and noticing how powerful it is. And the word is unless.

So our brains, in the same way we try to shut down like we talked about previously, we try to stop figuring things out, we try to stop taking action when things get overwhelming or we can't see the end of the path. We do the same thing with this won't work. This isn't possible. That can't be. There's no way A could equal B in this scenario. And the brain does that because it doesn't want to go try. This is often comes up before we've even tried or at least we haven't tried the next thing, right? That's not going to work. People won't want that.

Again, I apologize I keep going to business examples, but that's what's kind of on my mind right now. But this is relevant in any area of your life. My kid won't respond to that. That won't get him to behave. That won't help him. My husband, this won't work with my husband, right? Or my wife or my spouse or whatever. It won't work in my situation. And then we add unless.

Ooh, it's such a powerful word. Just saying it out loud makes my brain again wake up. All of a sudden, I start thinking bigger. I start thinking more creatively. I start thinking more strategically. And you have to sometimes let questions sit there unanswered for a while. Maybe the solution doesn't come to you right away. But what I love about the word unless is it opens up possibility.

Okay, so let's say you decide you're going to change your eating habits and you're going to start eating more protein and fiber and less sugar and whatever other crap. This is one I've personally taken on a lot of times in my life. So when I decide, okay, I'm going to start eating differently. I'm going to eat in more in a way that serves my body. My brain wants to go, that's going to be really hard and I'm probably not going to be able to sustain that, especially for dinners. For me, breakfast and lunch comes a lot easier because I'm on my own for that. But dinner, I've got a bunch of kids and a spouse and it's the end of the day and I'm tired and like trying to figure out what to make for dinner is super overwhelming to me anyway. So

## 533: How One Word Can Change Your Entire Life

now if I'm going to try to change it all up and I'm going to have a bunch of kids complaining because they don't like what I'm making, my brain wants to be like, that's going to be really hard if not impossible. And when I add unless, then suddenly I start thinking of ideas.

Now, here's the rule with this one that I want to offer to you, not a rule, just a suggestion, okay? Is that you have to let yourself come up with really ridiculous ideas in the beginning that you might never execute. Okay? This is similar to the word yet. With unless, we're welcoming in ideas and we're opening our minds up to be more creative. But if you shut down ideas with, no, I can't do that, then you close the door again on ideas. So when you notice yourself want to shut it down, again, say unless.

So for example, if I'm like, no, there's no way I can sustain that. Like it's super hard at dinner time, all these kids. And then I go, unless I had a personal chef who cooked for us every night and just grocery shopped and made our dinners and made sure that they were healthy and it was as delicious as possible, and then maybe we could live that way forever. Then my brain comes online with, yeah, but you can't afford that and nor would we even want to spend the money on that. What a waste. That's a ridiculous, whatever, indulgence that we're not going to do. And then I say, unless what? Unless it wasn't a personal chef, it was just some friends and we all took turns cooking for each other and traded meals.

Okay, well, that's not going to work because my friends don't want to do this. Okay, that's not going to work unless what? Notice if we just keep asking unless. And I'm not saying you have to have just one idea and run all the way down the rabbit hole with that one. I'm just saying unless what? Unless what? And be ridiculous. Unless I had unlimited money, unless I had, fill in the blank, let it be impossible. Let it be something that you don't have. But don't shut it down then with, yeah, but I don't. Yeah, but I can't. Yeah, but I don't know anyone. Just go, okay, but that is not going to work unless what? And I'll tell you what, I've come up with some really amazing ideas. Again, I use this one a lot in my business. Like, I don't know if that

## 533: How One Word Can Change Your Entire Life

offer's going to sell. I don't know if it's going to convert. I don't know if people are going to get the result I want to help them get. I don't know if this is going to work for my clients. I don't know if it's going to work for my business. I don't know if I have the time to do it. I don't know if we have the capacity. I don't know if I have the skills.

And then I go, unless what? And sometimes I find solutions that I hadn't even considered. Like unless I get someone else to do this part. Unless we make it simpler. Unless we take something we've already created and we repurpose that into something else. And there's so many good ideas I find on the other side of unless. Mostly I think what it does is help me start thinking bigger, which makes me think better. And even though I start with impossible things, I eventually find things that are possible, that are reasonable on the other side of my new favorite one-word thought, unless. Give it a try, okay?

Let's go on to the third one-word thought I want to offer to you today, which is the word okay. Now, here's the great debate. Is okay a word like okay or is it two letters, O and K? I don't know. We're not going to solve for that today. Just let me sneak it in here as a one-word thought, okay? Because it's powerful. Okay just tells your brain we can stop worrying about this. It's okay. All right? So for example, my child is really struggling in school this year. That is not a fact. Your brain will think it is. Your brain will think it's an observation of your child and what's going on for him or her at school this year, but it is not. It is a sentence. It can't be proven in a court of law. And even though you might have a lot of proof and evidence for it, it's still just a thought.

Now, for most parents, when I ask them, how do you feel when you think the thought my child is really struggling in school? They say, I feel worried. I feel overwhelmed. I feel responsible. I feel guilty. I feel whatever. Something that's usually not useful, not making you a better parent. Now we have a child struggling, having a hard year, and we have a parent struggling and having a hard year. Two people struggling does not equal

## 533: How One Word Can Change Your Entire Life

less struggle. It equals more struggle. Right? We can check it out and if it is serving you, by all means, keep it. But you don't even have to get rid of it and go all the way to my child is having a great year with no problems, if you don't believe that. You have lots of proof that your child is struggling. You probably been thinking it, you've probably been talking about it. But what if we just add, okay. Okay. It's okay. I'm going to cheat and make it a three-word sentence. And that's okay.

It is okay, right? It's okay for your child to struggle. I mean, none of us want our kids to struggle. We're not trying to make them struggle. We're not inviting struggle. We don't pray for struggle. But if you stop and think about it, maybe we should actually. Struggle is really good for us. Struggle invites the opportunity for growth. Struggle invites the opportunity for some self-awareness. Struggle is the way that we progress and we become more confident, we become more capable because we work through the struggle.

So I'm not saying that you should let this word okay make you complacent or bury your head in the sand or pretend like everything's fine. That's not what I'm saying. I'm saying you're going to be much better at helping your child from a more peaceful, this is okay. We're going to be okay. We're okay right now. He or she is okay. And they're going to be okay and I'm going to be okay. This is all okay. And I got to tell you something, my friends, no matter what's happening, it is okay. It is. What's the alternative? It's not okay. Something's gone terribly wrong. We should be upset about this. We should run around in a frenzy, upset at everyone. No, that's not useful, right?

Okay, my child is struggling. Okay. Okay. Now what? Who do I want to be? How do I bring some calm and peace? How do I also best support them? How do I offer resources and help and tools, but not because I need to help them and control them and change them so that I can feel better? How do I offer resources and help and tools from a place of, it's okay. It's okay to

## 533: How One Word Can Change Your Entire Life

struggle. Did you know this? It's okay for your child to struggle. It's okay for you to struggle. Not only okay, necessary part of the human experience.

Now listen, I'm preaching to the choir here after reminding myself this just as much as anyone else, but when I stay in an anxious state of none of this should be happening, I am not the person that brings help and solutions to any problem. I'm just not. I bring more worry and confusion and stress and I kind of sit back clenching my knuckles going, what are we going to do about this, you guys? Where's the hero that's going to come and save us? It's not useful. It's not useful. You know what is useful? Okay. Okay, I guess we have this challenge now. Okay, I guess this. What do we do now? Who are we going to be? How are we going to show up for this? How are we going to go all in on this? If we were going to be the varsity player on the team, but instead of playing on the basketball team or the volleyball team or the football team, we're playing on the team of this challenge.

What does a varsity level player do? They show up for it. They go to practices. That means we practice negative emotion. When we're a star athlete, we don't come home going, practice was hard and it shouldn't have been. We're like, yeah, practice was hard and I stayed after and did extra reps because that's who I want to be here. Who are you going to be? That's going to come from accepting that it's hard, understanding that it's hard, and it's okay. I love that little follow-up thought, and it's okay.

Even when you start noticing yourself not showing up the way you want to be. This comes up a lot when people say, my husband gets upset and then I get upset at him for getting upset. And I know I shouldn't do that. I'm like, no, no, take off that last part. I know I shouldn't do that and just add, and that's okay. I'm telling you, this is the best beginning for changing yourself. You have to embrace yourself to change yourself. You don't reject yourself and judge yourself and then make positive long-lasting changes. You embrace yourself. You understand your humanness. And you can do this for yourself and you can do this for other people and you can do this for circumstances outside of your control. And that kind of an acceptance is

## 533: How One Word Can Change Your Entire Life

where you become empowered to contribute in a useful way. It's not laying down being a doormat. It's not that we don't have boundaries, it's not that we don't show up. It's that we don't do it from anger, anxiety, fear, worry. We do it from confidence, peace, love, trust, and abundance. That's the difference when you add this one word, okay.

Now, the last one-word thought I'm going to give you is again, another kind of a similar version to okay, but it takes it all a step further. And on just this past Sunday, I went to a fireside, which in the LDS church is where we get together. I think it used to happen by a fire, but anyway, we get together and we have really enriching discussions. Often we do these for our teenagers or our youth, and we just try to have great discussions around really core principles and values that we want them to take on in their lives.

And so this particular one was amazing, put on by a couple of amazing people in my ward that I go to church with. And they were talking to kids about being resilient and about handling challenges, especially emotional challenges when life's not fair. And they showed a video from Jocko. You guys know Jocko Willink? He is a former Navy SEAL and now teaches leadership and motivational speaker. This word that he said over and over again in this video, I want to offer to you today. And the word is good. Okay?

So he said when his team comes to him saying, hey, we didn't get the supplies we were expecting for our next mission. He says, good. And they say, this thing is going wrong. We expected this and this happened instead. And he says, good. And it's a step beyond that's okay, right? It's good. Okay? This thing didn't go according to plan. My launch that I did in my coaching business didn't get me the leads that I thought it was going to get, didn't get me the clients I thought it was going to get. Good. This thing didn't work out according to plan. Good.

Why would he say that? Why would he say good? Because Jocko, if you look up Jocko, he is a strong guy. He's physically strong. He has a powerful strong voice and he knows that kind of adversity is what makes us better.

## 533: How One Word Can Change Your Entire Life

It's what sharpens the saw, right? So he not only says, and it's okay, he says, good. Now, I realize that's a step beyond and if you can't get there and it doesn't feel believable to you, okay, that's fine. But when you can pause and go, good.

Now, I am pretty different from Jocko, my personality is pretty different, so it might sound a little different to me, and this is where you have to find what feels like you in terms of how you're going to think about things. But for me, it sounds more like, this might be really useful actually. This might be exactly the direction I need to go. This might be the very thing that's going to serve me in some way. Either it's pointing me in the direction I need to go, or it's helping me become who I need to become to get to the place I'm trying to go. Okay? It sounds a little bit more like that in my head, but I like how Jocko just says, good. Period. This thing didn't work. Good. I realize it's extreme, it's not going to work for you in every situation, but in some, I bet it will.

And more than anything, think about how you feel when you do believe that thought about whatever's going on in your life. You hear yourself getting frustrated, you hear yourself complaining about something, and you answer it with good, it shifts everything. It puts you back in the driver's seat of your own experience. And you are always in the driver's seat, but sometimes we don't want to recognize it. We want to cower away, we want to feel sorry for ourselves, we want to be in a place of being stuck. And if you need to be in that place, that's okay. Don't beat yourself up for it. Come to my coaching call and I can help you out of it when you're ready. There is grieving that has to happen too, right? And sometimes a grieving process over what we thought was going to happen in our lives is necessary. But then at some point, you got to step up and take ownership. And that's when you say this thing didn't happen the way I thought it was, good. Let's go. Now what?

All right, those are my four one-word thoughts I wanted to offer to you today. What did I forget, you guys? I wanted this to be an odd number. For some reason when we do listicles like this, I don't like even numbers. I

## 533: How One Word Can Change Your Entire Life

wanted it to be five or something, but I couldn't think of a fifth one. So if you have one that I forgot, please come over to the Instagram and share it with me or send it into me somehow. Instagram is probably the easiest way to get a hold of me. There will be a post you can comment on or however, send it, DM it to me, call it into our hotline, whatever you want to do. I want to steal your one-word thoughts because I know there are a lot more out there that I probably didn't think of today. But thanks for tuning in. Thanks again for sharing this episode if you found it to be helpful, and I'll see you next week on another episode of Better Than Happy. Have a beautiful week.

Oh wow, look at that. You made it to the end. Your time and attention is valuable, and I don't take it lightly that you made it this far. In fact, it tells me you might be like me; insatiably curious about people and life and potential and connection. Maybe you have big dreams but a small budget and no time. You're tired, but bored. You're content, but dissatisfied. Sound familiar? Come to a free coaching call and see for yourself what's possible: [JodyMoore.com/freecoaching](https://JodyMoore.com/freecoaching) to register. That's [JodyMoore.com/freecoaching](https://JodyMoore.com/freecoaching).