



Words Matter

**“What you say reveals who you are.
Speak with kindness, and you’ll reflect strength.” – Unknown**

Words as Mirrors:

Language serves as a mirror that reflects our inner selves. The words we choose and the way we express ourselves reveal our thoughts, beliefs, emotions, and values.

By observing our language, we can gain insights into our own character and personal growth:

- **Empowerment through Choice:** We have the power to choose our words. This highlights the significance of conscious language selection and the impact it can have on our personal development. By choosing words that reflect empathy, kindness, and positivity, we can foster growth within ourselves and create a more harmonious environment for others.
- **Language and Self-Awareness:** Our language not only reflects our character but also contributes to our growth. Through self-reflection and awareness of our language patterns, we can identify areas for personal improvement. By examining our use of language, we can become more mindful of the impact our words have on ourselves and those around us.

Think of a time when someone’s words—kind or unkind—left a lasting impression on you.

- How did those words affect your sense of safety, trust, or value?
- How did they influence your beliefs about yourself or others?

Now think: when have you used your words to help someone feel safe, loved, or accepted?

Reflecting on Language

Group Reflection: The Ripple Effect of Our Words

Let’s take a moment to consider the invisible thread that links our inner world to the outer impact we make.

Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.

This quote reminds us that our words aren’t just fleeting sounds, they’re powerful signposts pointing to something deeper. Our thoughts shape the words we choose, and those words not only influence how we see the world, but how the world sees us.

In a group setting like ours, the way we speak, to ourselves, to each other, has the potential to build a culture of respect, growth, and trust. Every conversation holds the potential to uplift or to erode, to build bridges or reinforce walls.

Let’s reflect together:

- What kinds of words do we use when things are going well?
- How do our words shift when stress or pressure enters the room?
- Are we intentional with the words we use, knowing they shape not just outcomes, but identities?

“Watch your thoughts, they become words. Watch your words, they become actions...”

This progression mirrors the heart of Gentle Teaching. The words we choose, especially in caregiving, mentoring, or community settings, don't just communicate information. They shape identity. They model safety. They invite connection. And over time, they influence how others see themselves and how they engage with the world.

In a Gentle Teaching environment, our words are not just responses, they are intentional acts of mentorship. They help others internalize the belief: “I am safe. I am loved. I belong.” And when those beliefs take root, they blossom into actions, habits, and character just as the quote suggests.

What Did John Say?

“Words are more than words. They are like our hands that need to reach out to and uplift the other person. They form a dialogue. As care givers, we have to see them in their wholeness, their warmth, tone, rhythm, as well as the message of their content.”

We are intentional with our choice of words and language because they help shape, influence and nurture the culture of gentleness we strive to create.

Q1

How does our everyday language support or hinder collaboration and trust?

When we describe others, what assumptions or biases might be hidden in our words?

Q2

Q3

As Gentle Teachers, how can we become more intentional with the words we speak—not just to those we support, but also to our teammates, family, and even ourselves?

Connecting to Our Purpose

The language we use daily either nurtures or disrupts a sense of connectedness among us. Our words have the power to invite companionship and belonging—or to create distance. Speaking about others, especially when they're not present, can either sustain or erode our sense of community. The words and phrases we choose can make people feel seen, safe, and valued or overlooked and misunderstood.

Teaching and modelling compassionate, respectful language strengthens empathy and mutual understanding. At times, our language may drift from our shared purpose; noticing this is a chance to realign with our values.

Choosing language intentionally helps us live more fully into our purpose of nurturing connectedness, companionship, and community.