

# The 5-Day BEST LIFE Challenge

## WHAT ARE THE TOP CURSE WORDS I USE?

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- A.** Have you ever noticed that some people can curse and it seems like no big deal and other people say the same thing and you just want to cringe? Make sure that you are not feeling a “negative hit” with any of your swearwords, but NEVER have swear words that intentionally sending negative energy to YOURSELF.
- B.** Of course it’s good to get your anger out. Just choose how you do it so that it doesn’t hit you negatively. We’ve had the toughest motorcycle riders have to change their lingo and sweet 90-pound little old ladies be able to curse up a storm without it hitting them negatively. For general swear words, it’s all individual, but everyone is affected by swearing at themselves.
- C.** Don’t let other people influence your swear words. Other people aren’t going to reach your goals for you. YOU choose what is good for you!

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