

Committed, Competent, and Cogent. I think these are important because most of us don't think about ourselves in the best light. We sometimes have clouds hanging over our heads, and we don't typically wake up thinking, "Wow - I am feeling really competent today!"

When we start to include words like these in our vocabulary, we start to notice our strengths and we transform our thinking.

1. When you're committed, you're 100% in and playing full out:

- > Use positive affirmations such as "I am committed (joyfully) to"

- > Announce and Account.

- > Walk it, don't talk it!

- > Expect excellence, not perfection.

- > Keep your promises to yourself by signing a commitment contract.

- > Persist, don't resist.

2. Being competent means you're stronger than you think you are.

> You understand that put-downs on your abilities won't help.

> You use positive I AM statements. (I AM capable/ Yes I can!)

> You're always learning - competence comes by learning and reading.

3. Cogent means clean, logical, and convincing, for example, a cogent argument. To be cogent means to be CONVINCING, and believable by virtue of a clear and objective presentation, telling, relevant, and pertinent. This is clarity combined with a deep knowing and understanding.

Cogent allows for a new way and different tactics, especially if the old ones aren't working.

> Cogent uses logic and reason.

> It draws from the Experience File.

> It uses communication - the voice in one's life SPEAKS UP!

> It uses strong critical thinking and connecting the dots.

> It has a strong connection to competency.