

## To INCREASE each SALADD Element...

... focus on increasing it in OTHERS. As you do so you will find it being 'returned to you': Help others become more significant, and it happens to you. Give others affection and you will receive more affection. Help others achieve and you will also achieve more.

### Language of Significance - How important.

*You are a valuable person, you're needed here, only you have the gifts and talents for the life you lead, no one else cares like you do, the world needs people like you, you are the only mother/father your children have - no one else can be to them what you can be to them, no one else can be the husband/wife/partner your wife/ husband/partner needs ('right now')*

### Language of Affection - How welcome.

*Come on in! I'm so glad you're here. You're so welcome. I love you.*

### Language of a Living - How rewarded.

*Work, job, employment, self-employed, investment, asset/liability, P & L, overdraft, credit/debit, market, cost, making money, trade, do a deal, swap, exchange, barter, sell, buy, benefits, worth it, come to terms, make it happen, putting bread on the table, pay the bills, money in the bank, rich, poor, destitute, bankrupt, payment, qualifications*

### Language of Achievement - How creative.

*Congratulations! You've done it, success, fail, doing well, 'Well done!', win, you've achieved so much, You're a high achiever, Make it happen, performance, assessment, he/she/you/we/they is/are getting there.*

### Language of Direction - How focused.

*Mission, aim, goal, target, ambition, calling, passion, sense of purpose, motivation, longing, the whole point is...*

### Language of Discipline - How selective.

*Focused, obsessed with, singleminded, unswayed, set my mind, free from distraction, determined, at any price, over my dead body, stubborn, wilful, won't let anything stand in her way, boundary, her choice, tunnel vision, blinkered ...*

# SALADD™

Repair, Maintain and Develop your

## Emotional Wellbeing

Your emotional and motivational health is very important. It affects everything you do, say and think. It enhances or damages your relationships, work and personal life and sense of wellbeing. When it gets damaged, often through no fault of your own, life can become very miserable, often resulting in significant breakdown.

In the same way that your physical body needs regular upkeep to stay healthy, your emotional health needs regular maintenance too. Powerchange has developed this highly effective tool to enable you to focus your attention on six key ingredients to emotional wellbeing.

"SALADD is designed to be implemented in conjunction with a qualified Powerchange Coach. Stuck? Call me."

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