

WORDS CREATE WORLDS

30 Days to Change Yours



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HEY GIRL!

WELCOME TO THE IDENTITY CHALLENGE!



I'm so glad you're here.

Over the next 30 days, we're going to explore something most people underestimate: the power of words.

Not just the words we speak to others, but the words we speak to ourselves.

The stories we repeat.
The labels we carry.
The beliefs we reinforce.

Because eventually, those words become our identity.

This challenge isn't about being fake-positive or pretending life is perfect. It's about becoming aware of the words you're using and choosing ones that support the woman you're becoming.

We'll explore self-talk, gossip, comparison, criticism, encouragement, confidence, and intentional communication.

You'll find simple exercises, journaling prompts, and daily challenges designed to help you become more aware of the stories you're telling yourself and the woman you're becoming.

Because the words you repeat become the woman you become.

Ready?

Let's do this!



Love ya ♡
Mean it
Talya x x

QUESTIONS TO ASK MYSELF BEFORE I GET STARTED...

Why am I here?
Am I ready to take an honest look at the stories I tell myself, the words I speak, and the impact they have on my life?

What words do I use most often about myself?

Would I speak to a friend, daughter, or loved one the way I speak to myself?

What kind of woman am I becoming?

Do my words reflect the person I want to be, or the wounds I'm still carrying?

When I feel negative, what's really going on underneath?

Am I stressed, hurt, insecure, overwhelmed, tired, jealous, or afraid?

Am I willing to pause before speaking or posting?
Even for a few seconds, to ask:

- Is it true?
- Is it necessary?
- Is it helpful?

What do I want people to feel after they've spoken with me?

- Encouraged?
- Valued?
- Understood?
- Inspired?
- Supported?

How do I feel after speaking negatively about myself or others?

Stronger and empowered?
Or drained, frustrated, and stuck?

Am I ready to take responsibility for my words?

Because every word I repeat is helping shape the woman I become.

THE HIDDEN COST OF NEGATIVE WORDS

Module One.
Page 1



Your words AREN'T neutral. Every word you speak shapes the way you see yourself, others, and the world around you.

Negative words can feel harmless in the moment.

Sometimes they sound like venting.
Sometimes they sound like gossip.
Sometimes they sound like criticism.
Sometimes they're the quiet words we repeat to ourselves when nobody else is listening.
But beneath the surface, something powerful is happening.
Every time you focus on what's wrong, you train your mind to look for more of it.
You begin noticing flaws before strengths.
Problems before possibilities.
Reasons you can't before reasons you can.
And over time, those words don't just affect your conversations - they shape your identity.

Gossip

Gossip often disguises itself as connection.
It can feel like friendship, loyalty, or belonging.
But connection built on negativity rarely lasts.
When someone speaks badly about another person, a silent message is created:
"If they'll talk about her like this, they'll probably talk about me like this too."
Trust disappears.
Safety leaves the room.
And connection becomes caution.

The Bigger Problem

The real damage isn't just what negative words do to others.
It's what they do to you.
Every time you gossip, complain, criticise, compare, or focus on what's wrong, you train your mind to search for faults.
Eventually, that same lens turns inward.
You start comparing yourself.
Doubting yourself.
Criticising yourself.
And those habits begin shaping your confidence, relationships, and your future.

The Truth

Strong relationships aren't built on negativity.
They're built on trust, honesty, encouragement, growth, and shared values.
Every word you speak is training your mind to look for something.
The question is:
Are you training it to find faults... or possibilities?
Because whatever you repeatedly focus on eventually becomes part of who you are.

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WORD LOG

Module One
Page 2

Awareness is the first step to change. What you notice, you can change.

Write down 3 moments from the past week when you caught yourself speaking negatively - whether it was about yourself, another person, or a situation.

Next to each one, write how it affected your mood, energy, confidence, or outlook.

What did I say?

How did it affect me?

What did I say?

How did it affect me?

What did I say?

How did it affect me?

Reflect: Did these words move me closer to the woman I want to become... or further away?

MINDSET/STORY

“

Speak to yourself like
someone you're responsible
for becoming.
Because one day, you'll meet
the woman your words
created.

THE REAL COST OF GOSSIP

The real cost of gossip isn't what it does to them. It's what it does to you.

- Trust is fragile. When people hear you gossip, even if it's about someone else, they start to wonder if you'll speak about them too. Eventually, this erodes trust, and relationships can break down.
- Reputation follows you. Gossip tends to travel in unexpected ways. What starts as a "private conversation" often leaks, leaving you exposed, judged, or blamed - even if you weren't being purposely malicious.
- You attract the same energy. Speaking negatively about others trains your mind to focus on criticism and comparison. That energy often circles back, creating conflict, suspicion, and even betrayal in your own life.
- You lose. "Every so often, your own missteps cost you friendships - it's a hard lesson, but real."



[LISTEN TO MY EXPERIENCE HERE](#)

CHOOSE YOUR CONVERSATIONS

Module One.
Page 5



**Not every conversation aligns with the woman you're becoming.
Some conversations build trust, growth, and connection.
Others revolve around gossip, criticism, comparison, and negativity.
Learning when to engage, redirect, or quietly walk away is one of the most powerful skills you can develop.
Over time, people learn that you're not a safe place for gossip to land - and that's a good thing.**

Redirect The Conversation

- "Let's talk about something else."
- "I'd rather focus on something positive."
- "How's your week been?"
- "What have you been up to lately?"
- "Let's talk about something real."

Set A Boundary

- "I'm not the person for that conversation."
- "I don't do gossip, sorry."
- "Not into drama."
- "That's not really my lane."
- "I'm not the audience for that conversation."

Remember

You don't have to participate in every conversation you're invited into.

Sometimes changing the subject is enough.

Sometimes setting a boundary is enough.

Sometimes walking away is enough.

The conversations you participate in shape your mindset, your relationships, and ultimately, your identity.

Over time, people learn that you're someone who can be trusted.

Someone who doesn't fuel drama.

Someone whose words reflect the woman she's becoming.

CHOICE AND POWER IN YOUR WORDS

Module Two
Page 1



**Every word you speak - whether out loud or typed into a screen - is a choice.
And every choice is shaping the woman you're becoming.**

It's easy to react.

To fire off a comment.

To vent.

To criticise.

To say the first thing that comes to mind.

But personal growth isn't about saying everything you think.

It's about pausing, reflecting, and choosing words that align with your values.

Every time you pause before speaking, you strengthen your self-awareness.

Every time you choose a better response, you strengthen your character.

Every time you speak intentionally, you cast a vote for the woman you want to become.

Your words have the power to build trust or damage it.

To create connection or distance.

To strengthen your confidence or weaken it.

That's why intentional communication matters.

Not because you'll get it right every time.

But because every small choice adds up.

In this module, we'll explore how to pause before reacting, create personal word standards, and communicate in a way that reflects your values, your identity, and your future.

Because the words you repeat become the woman you become.

Love ya, Mean it. Talya x x

THE 4 P'S OF SPEAKING WITH POWER

**Every word you speak is shaping your identity.
The 4 P's will help you communicate with more awareness,
confidence, and intention.**

PURPOSE

Before you speak, ask yourself:
Why am I saying this?
Am I trying to help, encourage, connect,
teach, or solve a problem?
Or am I reacting from emotion, frustration,
insecurity, or habit?
Words spoken with purpose create connection
and trust.

WHY ARE YOU SPEAKING?

PERSONALITY

Your words reveal who you are.
Are you kind?
Respectful?
Authentic?
Confident?
People may forget what you said, but they'll
remember how you made them feel.

WHO AM I IN MY WORDS?

POSITION

Where are you speaking from?
Are you speaking from confidence or
insecurity?
Growth or judgment?
Wisdom or emotion?
Your position shapes the impact of your words.

WHERE AM I SPEAKING FROM?

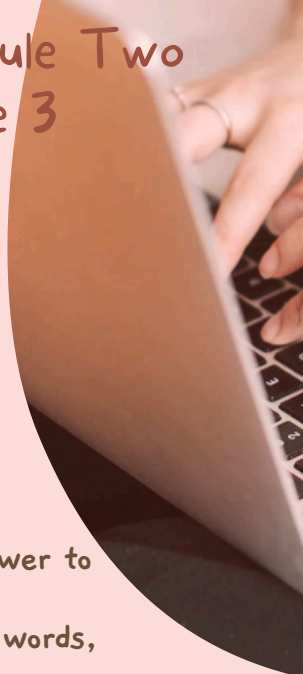
PROMISE

Every word is a promise.
A promise about your character.
Your values.
Your integrity.
When your words consistently match who you
say you are, people learn they can trust you.

WHAT DO MY WORDS PROMISE?

NEGATIVE ONLINE BEHAVIOUR

Module Two
Page 3



NEGATIVE ONLINE BEHAVIOUR

Social media has changed the way we communicate.

Behind a screen, it's easier to react.

Easier to judge.

Easier to criticise.

Easier to say things we might never say face-to-face.

And without even realising it, many of us have become quicker to respond and slower to understand.

When we can't see someone's eyes, hear their tone, or witness the impact of our words, empathy can begin to fade.

We forget there is a real person on the other side of the screen.

A person with feelings.

A story.

A history.

A life we know very little about.

Social media has incredible benefits. It connects us, builds communities, and gives people a voice.

But it also creates distance between our words and their consequences.

And that's where awareness becomes important.

A Question Worth Asking

Before posting, commenting, or responding online, pause and ask yourself:

Am I contributing something helpful?

Or am I simply reacting?

Am I creating understanding?

Or adding more noise?

Am I reflecting the woman I want to become?

Or just responding from emotion?

The Truth

The internet hasn't changed who we are.

It has simply given us more opportunities to reveal who we are.

Every comment.

Every post.

Every reaction.

Every conversation.

They all leave clues about our character.

That's why integrity matters both online and offline.

Because the same values should guide us in both places.



Remember

Words are like seeds.

What you plant consistently will eventually grow.

And one day, you'll be living in the atmosphere your words helped create.

Choose wisely.



Love ya, Mean it. Talya x x

BEFORE POSTING OR SPEAKING,
ASK YOURSELF...

“

Is it true?
Is it necessary?
Is it kind?
Take a breath.
Then decide if it
needs to be said at
all.

SPEAK LIFE, EMPOWER YOURSELF

Module Three
Page 1

When you speak life over yourself and others, something remarkable happens:

You don't just change the atmosphere around you.

You change yourself.

Every encouraging word, every act of kindness, and every intentional choice strengthens your confidence, reinforces your values, and shapes the woman you're becoming.

The words you speak influence what you focus on.

When you focus on possibility instead of limitation, gratitude instead of resentment, and growth instead of judgment, you begin to see yourself and your life differently.

Over time, those small shifts create powerful change.

The truth is, your words aren't just a reflection of who you are.

They help shape who you become.

Every time you speak with encouragement, integrity, and intention, you're casting a vote for the woman you want to be.

A woman who is confident.

Grounded.

Resilient.

Kind.

Strong.

This module is about learning how to use your words to build yourself up, strengthen your relationships, and create an identity that aligns with your values.

Because the words you repeat become the woman you become.

Love ya, Mean it. Talya x x

MY WORD STANDARDS

Module Three
Page 2

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Words I will speak (Empowering & Uplifting)

- Encouragement & praise
- Gratitude & appreciation
- Honesty + kindness
- Constructive feedback
- Words that build confidence
- Words that inspire action
- Support & solidarity
- Empathy & understanding
- Calm, respectful disagreement
- Compliments & recognition
- Forgiveness & letting go
- Curiosity (asking rather than judging)
- Words that reflect my values
- Affirmations for myself & others
- Boundaries spoken clearly
- Love & compassion



“

Words I WILL NOT Participate In

- Gossip / talking behind someone's back
- Criticism or judgment that isn't constructive
- Complaints without solutions
- Exaggerated drama or overreactions
- Name-calling or insults
- Comparing myself to others in a negative way
- Passive-aggressive comments
- Sarcasm meant to hurt
- Shaming or belittling
- Rumours or speculation
- Words meant to provoke or start conflict
- Self-deprecation that lowers my energy
- Arguments online that fuel negativity
- Mocking or ridicule



My words are a reflection of my values, my character, and the woman I'm becoming.



REFLECTION EXERCISE

Module Three
Page 3

“ When do I struggle to speak from my best self?



- When I feel stressed or overwhelmed.
- When I'm comparing myself to someone else.
- When I feel unseen, unappreciated, or insecure.
- When I'm hurt or frustrated.
- When I'm bored or looking for distraction.
- When I'm defending myself or my choices.
- When I'm scrolling social media for too long.
- When I'm surrounded by negativity.
- When I feel pressure to fit in.
- When I'm tired, anxious, or emotionally drained.



“ What's really going on underneath?



Insecurity – feeling unsure of your worth

Jealousy – wanting what someone else has

Anger – feeling hurt, frustrated, or misunderstood

Fear – fear of judgment, rejection, or failure

Sadness – disappointment, grief, or loneliness

Resentment – holding onto old hurts

Boredom – looking for stimulation or distraction

Defensiveness – protecting yourself from perceived criticism

Anxiety – overthinking or feeling out of control

Unhealed wounds – reacting from past experiences instead of the present moment

“ Awareness is powerful.

When you understand what's driving your words, you gain the power to choose a different response.



Listen to my
experience here

IDENTIFIED BY YOUR WORDS

Your identity isn't shaped by a single moment.
It's shaped by the words you repeat.
The stories you tell yourself.
The beliefs you reinforce.
The standards you live by.
Day by day, those words become habits.
Those habits become character.
And that character becomes the woman you are known for.



“

“Your words are what make you instantly recognizable - to yourself and everyone around you.”

“The way you speak teaches people who you are.
Your words build trust, create connection, and shape how others experience your presence”



8 QUESTIONS TO HELP CREATE THE IDENTITY YOU WANT

What words do I use most
about myself?

Which stories about my life do
I repeat most often?

What changes when I pause
before speaking instead of
reacting?

What words would I like
people to associate with me?

How do I speak about
others - online, in person,
or in my thoughts?

What impact do I want my
words to have today?

How do the words I choose
influence how I feel about
myself?

Which small change in my words
today could help me become the
woman I want to be??



THE WOMAN I WANT TO BE

Your words are one of the clearest expressions of your values.
They reveal what matters to you.

What you believe.

How you treat people.

And ultimately, the kind of woman you're becoming.

The goal isn't perfection.

It's alignment.

Making sure your words match your values.

“What values do I want my words to reflect?”

“How do I want people to feel after speaking with me?”

“What kind of impact do I want my words to leave behind?”

“When am I most likely to speak in ways that don't align with my values?”

What is one commitment I can make about the way I speak going forward?



30
DAYS

POWERFUL WORDS CHALLENGE

Day 1

Notice the words you repeat most often today. Are they helping you become the woman you want to be?

Day 2

Catch yourself gossiping or judging. Pause. Rewrite it in a positive or neutral way.

Day 3

Compliment one person sincerely – it could be a stranger, friend, or family member.

Day 4

Write down 3 words you want people to associate with you.

Day 5

Reflect: how does negative talk about others affect your mood?

Day 6

Share a story of someone else's success or kindness today.

Day 7

Journal: what words do you speak about yourself most?

Day 8

Before posting online, pause – ask: is this true, necessary, empowering?

Day 9

Say "thank you" at least 3 times to people who usually go unnoticed.

Day 10

Replace "ugh" or complaint phrases with curiosity or solution words.

Day 11

Reflect: when do you struggle most to speak from your best self, and why?

Day 12

Speak one kind word to someone you normally wouldn't notice.

Day 13

Write down 5 things you appreciate about yourself.

Day 14

Observe a conversation – notice energy when someone criticizes vs. encourages.

Day 15

Reflect: which words you say drain you, and which words empower you?

Day 16

Call or text a friend with genuine encouragement or praise.

Day 17

Catch yourself thinking negatively about someone – don't speak it; notice the feeling.

Day 18

Share a helpful tip or insight today instead of complaining.

Day 19

Write a short note to yourself, speaking life over your goals and dreams.

Day 20

Reflect: whose words influence how you see yourself most?

Day 21

Give someone credit for something they often don't get praised for.

Day 22

Journal: write down 3 words you never want associated with your energy.

Day 23

Practice pausing 5 seconds before replying to someone, online or offline.

Day 24

Replace one critical thought about another person with curiosity or understanding.

Day 25

Speak aloud a word or phrase that inspires courage in you today.

Day 26

Reflect on a time gossip backfired or drained you – what did you learn?

Day 27

Compliment yourself out loud – no excuses. Own it.

Day 28

Share a story or experience that uplifts, rather than entertains drama.

Day 29

Do your words reflect the woman you're trying to become?

Day 30

Celebrate yourself for completing this challenge. What's the biggest change you've noticed in the way you think, speak, or show up?

Remember: progress, not perfection.

Every intentional word is a vote for the woman you're becoming.



DECLARATION



I choose my words with
intention.

I speak to myself with
kindness.

I speak to others with respect.

My words reflect my values,
my character, and the woman I
am becoming.



REFLECTION EXERCISE



“ Who Am I Becoming After 30 Days Of Intentional Words?

- I feel more aware of the words I use every day.
- I pause more often before reacting.
- I speak to myself with more kindness and less criticism.
- I feel more confident in who I am.
- I feel less drawn to gossip, drama, and negativity.
- I communicate with more intention.
- I feel more aligned with my values.
- I trust myself more.
- I feel more connected to the woman I'm becoming.
- I understand that my words matter.



“ 10 Questions To Keep Growing



- What words did I use today that reflected the woman I want to become?
- Where did I catch myself speaking negatively, and what could I choose instead next time?
- What words do I need to hear from myself today?
- How did my words affect the people around me today?
- Did my words reflect my values?
- What conversations am I proud of today?
- What habits am I still working on?
- What words would I like to be known for?
- How can I show myself more kindness tomorrow?
- What is one intentional word choice I can make tomorrow?

Remember:

You don't become a different woman overnight.

You become her one choice, one habit, and one word at a time.

CONCLUSION

Over the past 30 days, you've done something most people never do.
You've paid attention.
You've noticed the words you speak.
The stories you tell yourself.
The habits hidden inside your conversations.
And the impact those words have on your life.
Because words matter.
Not just the words you speak to others.
The words you speak to yourself.
The labels you accept.
The beliefs you repeat.
The story you choose to live by.
Every word is shaping something.
A habit.
A mindset.
A relationship.
A future.
And ultimately, the woman you're becoming.
This challenge was never about being perfect.
It was about becoming intentional.
Learning to pause before reacting.
Choosing words that reflect your values.
Speaking to yourself with more kindness.
And showing up as the woman you want to be.
Remember:
You don't become a different woman overnight.
You become her one choice, one habit, and one word at a time.
So keep choosing wisely.
Keep speaking with intention.
Keep becoming.
Because the words you repeat become the woman you become.

Love ya, Mean it. Talya x x