

# Quick Tip #31 Watch Yo Mouth!

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## SUMMARY KEYWORDS

social media influencer, sunday, words, talk, speak, existence, work, grow, girl, transcript, happen, jessica, life, abundance, case, bla, mouth, joke, quick tip, intentional

## SPEAKERS

Jessica Lauren



Jessica Lauren 00:00

Hey! Y'all hey! It's your girl Jessica Lauren and I am coming to you with this week's quick tip. Alright y'all today I want to challenge you to watch yo mouth okay? Baby girl, baby boy, we have to be more intentional about the words that we are let coming out of our mouth and into the universe. Okay, so listen, if you grew up in church you might be very familiar with the Scripture is basically says, There is power in your tongue, right? You can either call things to life, or you can make things completely die simply by the things that you say. So we do this all the time and we do it unintentionally like-- "girl you know I can't come down, I'm broke as a joke or girl you know what I never gonna find a man ain't no good man out here. Girl, you know, ain't no jobs as a recession, I'm always gonna be working, you know, this job I hate or I'll never get a promotion or you know, I'm not smart enough or, you know, I don't got enough training or I'm not skilled, I'm not as good as the other person. I can't, I won't, I shouldn't all of that, right. And that's not to negate your circumstances, some of us are going through some things where you know, you're in between a rock and a hard place, right? That's not to negate that. But what winds up happening when we keep ruminating and keep rehearsing those things, is that we're inviting those things into our lives, right? For me, it has been one of the hardest things because I like to joke like that like hey, you know, I'm broken. I got several dollars in my checking account, but it's like nah, for real Why would you invite that into your life? only speak what you wish to be brought into existence? Right? That has been a game changer for me right? I love to joke and play and Kiki and girl you know what the best of them but I realized if I really want to change my finances around or how I relate to other people or

whatever the case may be how much I want my business to thrive I can't say stuff like well grow you know, I only got to follow was how could I ever get a book deal? Girl You know, there is power now I don't want that to come into fruition so why the heck would I keep saying that right? And of course I'm not saying ignore what's going on sometimes you got to keep it real like listen, I got it. But you don't have to say stuff like I am broke right? You could just say I don't have a right now but you know what when I get some more money I'm there right? Start doing a better job of being intentional about the seeds that you are planting in your life with your words Your words are the seeds and what you plant in that ground is going to grow you know what I love big Shah he fronted the he wants to cast that can Detroit my high school and recently he did this interview, I think with Jay Shetty and he explained it so perfectly right he was talking about the power of your words and why we shouldn't joke like that and be super soft to Kate deprecating and say I can't I shouldn't I wanna you know everybody always out to get me done nobody support me bla bla bla bla bla bla and he was saying basically Can you imagine yourself you know standing face to face with God right? And he like hey, make sure you know what's up for today and your response is well you know i was going to try to you know get my business off the ground but you know, I never good and nothing nothing good ever comes my way. And because we are in this relationship with God where we are co creators with him he like okay, well you know, I told you I gave you powering your target national magic wand and if you just believe in and be intentional with your words like we could create something different but because you said I couldn't shouldn't wouldn't and don't never nothing work out for me All right, here you go. And he throws it right back to you with certain circumstances or certain positions that you're in right or if guys I was on the docket for today. Well you know, I was going treat myself to a little shopping but I never have money I'm always broken guys like Alright, we'll show you say you always broke imagine if you were to turn that language around a little bit. Again in that same conversation yowhatsapp Jessica what's going on today man got a lot going on. I'm excited I'm feeling really abundant and blessed enough I'm just super grateful for like the small things Lord like I got \$20 in my pocket but I love that's about to light up and Word of God through that same energy back at you alright cool. She this lady asthma abundance and for light and Mo Money for prosperity and for peace of mind. Let me throw that on her way. Now, will it magically happen overnight? No. I mean, sometimes it can if that's what you manifested. This is a lifestyle right? You have to get into the habit of it again. Could it you know happen in this instant, absolutely. But It might take a little bit of practice. And you might be like, well, Jessica, that's the way I talk coal. But I want you to look for evidence that kind of shows like, hey, maybe I should change up my words a little bit, right? Look at your bank account, look at how you're moving and check into your relationships, look at what's going on at work. Because some of that, you know, outside of circumstances that are outside of your control, could it be in your attitude or what you're speaking into existence? Right? So get into the habit of only speaking what you wish to be bought into

existence? What do you want more of? I always asked you that on this show. What do you want do you want more romance speak more romance? Do you want more love speak, more peace, more joy, more more financial abundance, more stability, more suspect, whatever the case may be sparked starts speaking it. And after you speak it, your actions will follow after you start acting on it, your thoughts will follow your values will follow. So it's not just about words, and that's why you know what to drive home that it doesn't just stop there. Right? It becomes a whole takeover. But the first place to start is with your words. Listen to yourself into it without judgment, right? Because a lot of this stuff we don't know, you know, I don't know we we have all these cliches and don't speak what you want into existence and all that and we just kind of gloss over it. But once you start to do it, you realize, oh my gosh, this really has some precedence in my life. It's okay. If you didn't know it's okay. If you catch yourself, me about something negative, but start doing the work today to change that around and watch how the rest of you starts to show up how your thoughts start to change how your heart, your value, how you sweat, your swagger, how you walk into a room, how you light up a room. All of that will change once you get that mouth of yours in order. So today, I want to challenge you to watch your mouth. Alright, that is it for today's episode. Thank you so much for tuning in. Be sure to follow along on Instagram The handle is at the Sunday jumpstart. I will be sure to leave big Sean's interview and the highlight of the page because he really does a real good job of illustrating how our words work and how we gotta you know speak things into existence. And if we don't, you know just throw that thing energy right back at us. Whoa. At the Sunday jumpstart is where we are over on Instagram special thank you to the Pamela Renee for taking care of social media Special thank you goes out to mama Jennifer, thank you mama so much for helping out with the transcripts. That's right. Every episode there is a transcript available of each episode and case you know you're at work and can't really listen to you prefer to read at your back. If you want to download a transcript or you know, just check out the show notes. If I mentioned anything, you didn't get a chance to jot it down. It sounds good. Just go to the Sunday jumpstart.com and click on Quick Tip Number 31. That's where to get all those goodies. And don't forget to sign up for our weekly use newsletter. That's where we just you know, just talk more about making this happen in our lives. So that's it. That's all I got. I'm praying for you. I'm rooting for you. I will be back here this Sunday with Michelle Samms. We're going to be continuing our so you want to series she's going to be talking about becoming a social media influencer how to show up authentically grow your community and start getting some coins in your pocket and guess what? It'll take 1000s or millions of followers to do it. She's gonna break down like the pros the cons the good, the bad, the ugly of social media influencers and how you can get in on the game social media influencer is a billion dollar you know, industry and you can get in on that piece of the pie. So be sure to tune in this Sunday for the continuation of this sell you wellness series. I cha I will see you here Sunday. Be blessed. Stay strong and see you soon. Bye

