

# THE POWER OF WORDS



VALUE

# HUMAN DIGNITY

## *Kevod Habriyot*

In a world torn apart by division and strife, Clean Speech brings timeless lessons of Jewish mindful speech to your community. Together, Momentum and Clean Speech invite you and your participants to commit to ten days of learning, reflecting, and honing your speech to strengthen your family and community.



**THIS WORKSHOP IS ABOUT 90 MINUTES**

15 MINUTES TO BEGIN WITH INTENTION

60 MINUTES OF LEARNING

15 MINUTES TO CLOSE WITH MEANING



**MATERIALS FOR THIS WORKSHOP**

CLEAN SPEECH BROCHURES FOR ALL PARTICIPANTS ARE INCLUDED IN THIS BOOKLET'S POCKET



FOLLOW THIS QR CODE TO PRINT RESOURCES FOR PARTICIPANT FACILITATORS.

PART I

## INTRODUCTION TO CLEAN SPEECH



15 MINUTES

Use the following prompts to engage them in conversation.

- How do you currently experience the “power of words” in your life?
- What is conversation like in your family? How do you and your partner support each other with words? How are words a part of the way you relate to your children?
- Bring to mind a time when you found out you were being talked about by other people. Were they saying positive or negative things? How did it make you feel?



Judaism teaches that the words we choose determine how we experience our lives. By taking hold of our power of speech, we take hold of life itself. In partnership with Clean Speech, Momentum wants to support you to dedicate ten days of your Journey of Growth to mindful speech. We believe each one of us can make a real and lasting impact on the way we speak to dramatically improve our lives and the lives of everyone we connect with. This is an expression of one of Momentum’s core values, Shalom Bayit, the pursuit of peace and wholeness in our homes.

By familiarizing yourself with the Torah’s timeless teachings about speech for just a few minutes each day, you will develop a heightened awareness of the impact of your words. And by continuing the exercise consistently for ten days, you can start to train yourself to avoid the destructive speech patterns that too often tear us apart.

Each participant can take her booklet home and commit to ten days of learning, reflection, and action. Each day's reading is less than five minutes and includes an action item to help them activate their learning.

Consider sending daily WhatsApp reminders with the action items below. We encourage you to share the leadership of this activity with your participants! Create a sign up sheet and invite your participants to sign up to "own" one of the ten days so you have active support and sharing via WhatsApp. She will then post the action item on WhatsApp and begin a conversation about its impact.

### DAY 1

Listen to your own words today. Start to develop an ear for the kinds of things you typically say.

### DAY 2

Imagine that every word you speak about others today is being transcribed and shared with those you're talking about. Try to catch yourself, and refrain from saying things you wouldn't want shared.

### DAY 3

When you talk to people today, watch their faces to see their reactions to your words.

### DAY 4

Think of some words that affected you deeply from a long time ago and how they impact you today.

### DAY 5

During one conversation today, acknowledge an opinion with which you don't agree.

### DAY 6

Practice active listening. Pay attention, listen in order to understand, and recognize the power of listening.

### DAY 7

If you hear any *lashon hara today*, see if you can speak up and offer gentle *tochecha*, or practice not joining in, changing the topic, or exiting the conversation.

### DAY 8

Think about the why when you speak today, carefully considering the constructive purpose behind what you're saying.

### DAY 9

Today try to catch yourself before saying something negative about someone and replace it with something positive.

### DAY 10

Today, decide what you can do to make these ten days matter.

Invite participants to share their progress and experience with each of the daily action items. On Day 10, offer ideas in the WhatsApp group to inspire your participants to commit to meaningful next steps.

For example: doing the ten steps again with their partner or children; sharing the ten steps with friends; book recommendations to learn more about *lashon hara* or other ways Torah can inspire growth; leading the next Journey of Growth gathering with a focus on how her words will shape her leadership.



TO LEARN MORE,  
PLEASE SCAN THIS  
QR CODE.

**NOTES**

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