

Use these sentence stems to jumpstart your communication. Pick one starter phrase from each column to include head, heart and will in your communication.

© 2011 Meryl Runion www.speakstrong.com

PowerPhrase Generator

Head	Heart	Will
It	We, us, our	I, you, me, mine
Opinion: I think	Feeling: I feel...	Request: I want , need
Situation: What happens is...	Acknowledge: I understand	Action: I will
Clarity: I'll explain.	Emotion: It saddens (inspires, etc.) me that...	Consequence: I will
Logic: Reason suggests...	Connection: We, let's, together	Self-interest: What's in it for you is...
Reason: Because	Community: We, our nation	Expectation: I expect
Linear: #1, #2, #3	Team: The team...	Bottom line: It boils down to this...
Impersonal: There is...	Big vision: Imagine	Steps: What you do is...