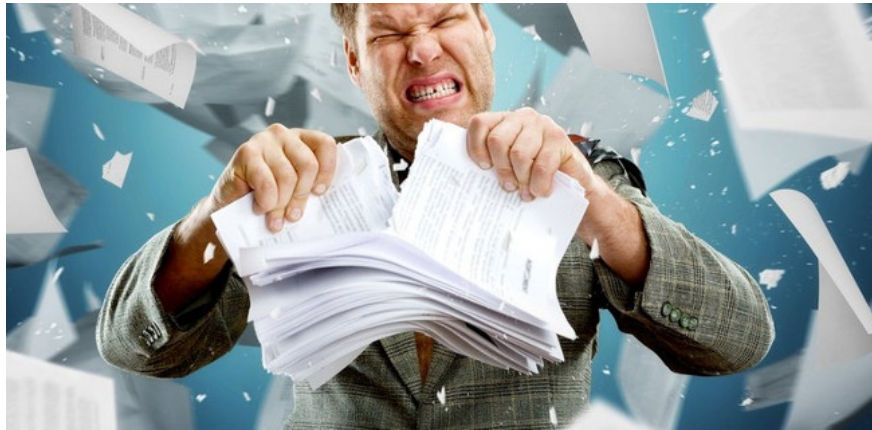


The reason should immediately remove the words 'But' and 'I have to' from your life

Here is the reason to immediately remove two words But and I have to get out of your life.

" *Stop dreaming, act. Be responsible for your life!* ". This is the basic motto of the book " *Successful Habits - The Achievement Habit* " by Stanford University Professor - Bernard Roth. From Bernard Roth's point of view, each of us can achieve the goal of eliminating two simple words like " *But* " and " *I must* " out of life.

On the Bright Side site, we want to share our strategy of improving life with everyone. Below is Bernard Roth's advice on how to use words in everyday life. Besides, he also gives words that should replace those two words. Try, you will see your change far beyond imagination.



1. Replace the word "but" with the word "and"

Let's take a look at the difference when saying: " *I want to go to the movies and I have too much to do* " with saying " *I want to go to the movies but I have too much to do* ".

Professor Roth said, when you use the word " *but* " you have created contradictions, conflicts between actions that are in fact not contradictory at all. However, when using the word " *and* " the opposite, it makes your brain aware of actions that are equally prioritized.

In linguistics, such sentences are called junctions with opposite and isometric relations between propositions on par with each other. In the first case, the conjugate " *but* ", " *though* ", " *however* " is used to describe the opposite, making the two sides of the sentence contradict each other. And the word " *and* " has a more positive role, it makes the two sentences equal.

Now your task is to change the habit of using everyday words. It would be much better to practice saying " *I want to buy some new stuff and I need to fix some things first* " instead of saying " *I want to buy some new stuff but I have to fix one the previous number* ".



2. Replace the phrase "I have to" to "I want"

Professor Roth stressed the importance of this exercise in his book. He said: " *This exercise is very effective, helping each person realize what they should do with their lives - even doing things that they feel uncomfortable - in fact, what they are selected* ".

Only a small change can change your life. If every morning when you wake up thinking about going to work is boring and boring, your life will become a mess. But in fact, changing this is easier than you think. So, every morning, focus on what you feel really interested in work.

For example, you can think of the feeling of relief when completing a difficult project or thinking about the moment of having a cup of tea and chatting with colleagues; Or you can imagine the happiness of ending a tired working day with your family. This may be a little hard to believe, but this simple strategy will keep you energized for the day.

Instead of sitting around waiting for a long day to end, think about what you want to contribute to the company, think about advancing in your career, how to express yourself to impress. If you are not happy with your job, as well as your current life but don't want to change it, then you can only blame yourself.

You can see the obvious difference between the words " *I have to visit my parents*" with " *I want to visit my parents* " right? It will be better when you say "I want" even if you're talking about anything.

To implement this strategy is not easy **BUT** it is necessary if you **MUST** succeed. However, it will be easy **AND** necessary if you really **WANT** to succeed. Now have you seen the difference when changing the way you use words every day?

Refer to some more articles:

1. Using 1 hour after work will determine your success
2. 5 ways to refuse do not offend others
3. 7 things successful people never say

Having fun!

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