Precision Verbal Discipline Training

Opening Frame

“Today, we’re going to sharpen how you speak. Not by adding more—but by removing what weakens your message.

Most people don’t have a knowledge problem.
They have a language problem.

They use words that dilute clarity, reduce authority, and signal uncertainty—without realizing it.

Our goal is simple:
Say exactly what you mean—no more, no less.”

Step 1: Raise Awareness

“I’m going to give you a category of words. As I say them, notice which ones you use.”

Prompt:

“Which of these show up in your speech?”

- Awesome, amazing, fantastic
- Absolutely, totally, 100%
- The fact is, honestly, to be honest
- I think, I feel, kind of, sort of
- Actually, seriously, literally
- Ridiculous, crazy, insane
- This blows my mind
-

Pause.

“Good. No judgment—just awareness.”

Step 2: Explain the Cost

“Here’s the issue:

These words feel natural—but they come at a cost.”

Break it down:

- They **inflate** instead of clarifying
- They **fill space** instead of adding meaning
- They **signal uncertainty** instead of authority
- They **replace thinking** instead of sharpening it

“When your language is loose, your thinking appears loose.”

Step 3: Introduce the Standard

“From this point forward, we operate by a new standard:

Every word must earn its place.”

Three filters:

1. Does this word add meaning?
2. Does it increase clarity?
3. Does it strengthen impact?

“If the answer is no—cut it.”

Step 4: Replace, Don’t Just Remove

“We’re not just eliminating words—we’re upgrading your language.”

Coaching Examples:

Say:

- “That’s awesome.”
  → “That’s effective.”
  → “That solves the problem clearly.”

Say:

- “That’s ridiculous.”
  → “That approach is inefficient.”
  → “That increases cost without improving results.”

Say:

- “The fact is…”
  → Start with the fact

Say:

- “I think we should…”
  → “We should…”

Step 5: Live Correction Exercise

“I’m going to give you a sentence. Improve it.”

Example:

“That’s honestly a really amazing idea.”

Coach them to:
→ “That’s a strong idea.”
→ “That’s a practical solution.”

Example:

“I think this is kind of a problem.”

→ “This is a problem.”
→ “This creates a risk.”

After each:
“What changed?”
(Look for: clarity, confidence, precision)

Step 6: Install the Habit

“Here’s your practice:

For the next 24 hours, notice every time you use:

- filler words
- intensifiers
- softeners

Don’t fix it yet—just notice.”

Then:

“Next step—start removing them in real time.”

Step 7: Anchor the Identity

“Disciplined language reflects disciplined thinking.

When you speak with precision:

- People trust you more
- You sound more credible
- Your ideas land faster

This isn’t about sounding polished.
It’s about thinking clearly—and letting that show.”

Closing Line

“Your words should carry weight.

If they don’t—use fewer of them and choose them better.”