Salagadoolo mechicka boola
Bibbidi-bobbidi-boo

Put them together and what have you got
Bibbidi-bobbidi-boo

And with those magic words and a wave of her
wand, Cinderella’s fairy godmother transformed
the neglected and abused girl’s life into a dream-
come-true life of love and luxury.

And I’ve been looking for my fairy godmother ever since!
Well, not exactly. I did come to realize as a young adult
there is neither a fairy godmother nor a prince charming
who’s going to save me from a life of misery! But I did
discover there is magic in words, and that they can
transform any circumstance and free me up from whatever
limiting beliefs I have.

Words really are magical. Written words, including books,
can transport you to lands you’ve never seen, introduce
you to cultures you’ve never known, and expand your
world and your sense of self. Words can also hurt. When
I was a kid, my friends and I used to say, “Sticks and
stones may break my bones, but words will never harm
me.” Ah, if only that were true. Words can and do hurt.
Words from adults can form beliefs in young minds and
program them for success or failure. In fact, the words we
tell ourselves as adults – that little voice in our heads that
is constantly evaluating everything we do, how we look,
our assessments of others, and of the situations we’re
in – are really embedded echoes of what we heard in our
formative years and not something we made up.

This constant, and mostly unconscious, chatter in our
heads determines how we view and perceive life. If your
unconscious belief in love, money, success, friends, (fill
in the blank) is scarce, then no matter how many adoring
fans or how much money or accolades you amass, you
will not be satisfied. In fact, you may not even be able to
see them! For example, many people who grew up during
the Great Depression had a very strong belief that money
is scarce. No matter how much money they accumulated
as an adult, they always thought of themselves as poor,
and lived that way despite small fortunes stowed away in
banks and cookie jars. We’ve all met someone who fits
the description of “a fat person walking around in a skinny
body.” He or she was fat at some point in life, but his/her
self-talk never changed even after losing weight, and the
internal conversation was still about being too fat.

So remember, whatever you are saying to yourself will
determine, and even control, the actions you take in
response to the circumstances in your life.

The really good news is you are not chained to your past.
You absolutely can reprogram your mind and create
beliefs that will open doors of possibility that you had
thought were locked shut! It does take some work, and in
particular, it requires you to tune in to and stay aware of
what that little voice is telling you.

For instance, next time it says, “You’re an idiot!” when you
make a mistake, don’t let it slide by and thus agree with it.
Instead, just say, “Thank you for sharing. Now, what can I
learn from this?” Every time you become aware of some
negative self-talk, even something as simple as telling
yourself you don’t look good today, immediately alter the
conversation. Give thanks that you have a choice as to
how you want to look. (This is especially true for women—
thank goodness for makeup!) Start affirming everything
that is good and attractive about you. If you can’t think
of anything, recall the compliments and sweet things the
people who love you most tell you most often. When
someone pays you a compliment, don’t brush it off but
rather say, “Thank you.”

If there is some dream you’ve had but have given up on
because of the negative self-talk, find someone who has

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achieved that same goal. If they’ve written a book, read it and find out about their journey and how it can support you. If they haven’t written a book, go meet with them and interview them to see how their journey and their habits and their beliefs could help you.

We may not have a fairy godmother who can turn mice into horses, or a pumpkin into a stunning carriage just by saying Bibbidi-bobbidi-boo. But we still have the magic power of words and the ability to create our dreams coming true!

One other point I’d like to make: while they may not be fairy godmothers as depicted by Disney, there are a host of consultants who will be offering their magic potions for success at the Ortho2 Users Group Meeting in Orange County, California in February. Whether it’s marketing, team building, scheduling, clinical expertise, or efficiency and training with your software programs that you want or need support in, there will be a “magician” to show you the ropes and help you realize your dreams. See you in Orange County!

About the Author

Joan Garbo is a coach, speaker, and consultant specializing in effective communication skills, team building, and leadership skills. She will be presenting at the 2017 Users Group Meeting in Orange County, California.