**WORDS TO HELP JUICE UP YOUR LIFE**

As you create your RPM plans, it’s important to choose words that have the power to move you emotionally. Following you will find a list of words to help spark your thinking for each of the key areas of your life: health, relationships, emotions, finances, career, spirituality, time/life management, leadership and overall words. Use words that make you want to spend time in the areas of life that are important to you!

### HEALTH / PHYSICAL BODY

1. addicted (as in “addicted to health”)  
2. Adonis  
3. adventurer  
4. appetite  
5. athlete  
6. balanced  
7. beautiful  
8. blooming  
9. buff  
10. built  
11. bursting with health  
12. cardiovascular  
13. Class 1 experience  
14. cleansing  
15. conscious (“conscious choices”)  
16. constitution  
17. cut (bodybuilding term)  
18. daredevil  
19. Diana (Greek goddess)  
20. dynamo  
21. energy  
22. enlivening  
23. exercise  
24. fanatic  
25. fast  
26. feel like a million  
27. firm  
28. fit, fitness  
29. flourishing  
30. fuel (food = fuel)  
31. glow, glowing  
32. go the distance  
33. god / goddess  
34. gold medal  
35. graceful  
36. gym junkie  
37. hard  
38. healthy, health  
39. Hercules  
40. invigorating  
41. kick-butt athlete  
42. lean (or lean, mean, machine!)  
43. light  
44. lithe  
45. longevity  
46. machine (as in “energy machine”)  
47. marathoner  
48. move, mover, moving, movement  
49. muscular  
50. nourish, nourishment  
51. nutritionally savvy  
52. Olympic-class  
53. picture of health  
54. power, powerful, powerhouse  
55. prowess  
56. refresh, refreshing  
57. rejuvenate, rejuvenation  
58. relaxed  
59. renew, renewal  
60. rest, rested  
61. robust  
62. runner  
63. sculpted  
64. sexy  
65. short-term bite for long-term benefit  
66. slim  
67. sound  
68. speed  
69. stamina  
70. strength, strong  
71. stud / studette  
72. taste, tasty  
73. temple of God  
74. tight  
75. toned  
76. top shape  
77. trim  
78. vibrant (or vibrant vixen)  
79. vigorous  
80. virile  
81. vital, vitality  
82. washboard  
83. well-fueled, well-watered  
84. wellness  
85. wholesome  
86. young, youthful
# Relationships (Either Personal or General Family & Friends)

1. appreciative, appreciating  
2. attentive  
3. attracting  
4. authentic  
5. beautiful  
6. best friend  
7. cheerleader  
8. cherish  
9. collaborator  
10. committed  
11. compassionate  
12. connected, connection  
13. considerate  
14. cultivator  
15. daughter, son, sister, brother, aunt, uncle, mother, father, grandmother, husband, wife  
16. deep  
17. delight, delightful  
18. deputy of devotion  
19. destiny dad  
20. discerning  
21. ecstasy, ecstatic  
22. edify, edifier  
23. encourager, encouragement  
24. extraordinary lover  
25. flexible  
26. fond  
27. “for better or worse”  
28. free, freeing  
29. friend  
30. fun, fun-loving  
31. generous  
32. grateful  
33. growing together  
34. guide  
35. happy  
36. harmonious  
37. hold to the highest standard of who we each can be  
38. honest  
39. humor  
40. joy, joyful  
41. kind  
42. life partner  
43. life-giving, life-affirming  
44. lifelong  
45. listener, listening  
46. love magnet  
47. love, lover, loving  
48. loyal  
49. mate  
50. mother nature  
51. nurture, nurturing  
52. open  
53. part of me  
54. partner  
55. passionate, passion  
56. playful, playmate  
57. protect  
58. rapture, rapturous  
59. raving fan  
60. ravish  
61. reflection of love  
62. respect, respecting, respectful  
63. responsible  
64. rich  
65. seductive  
66. serving, service  
67. sexual god(dess)  
68. sexy, sensual, sensuous  
69. sharing  
70. soulmate  
71. spontaneous  
72. spreader of sunshine  
73. supportive, supporter  
74. sustain  
75. teaching  
76. tender  
77. thoughtful  
78. treasure  
79. trusting  
80. truthful  
81. understanding
| 1.    | adoring                        | 33.   | extraordinary                        |
| 2.    | adventure                      | 34.   | fantastic                            |
| 3.    | Ambassador of Quan             | 35.   | focused                             |
| 4.    | arouse                         | 36.   | fulfilled, fulfilling                |
| 5.    | authentic                      | 37.   | fun                                 |
| 6.    | balance, balanced              | 38.   | grateful, gratitude                  |
| 7.    | blessed                        | 39.   | groovy                              |
| 8.    | bubbly                         | 40.   | healing, healed                      |
| 9.    | caring                         | 41.   | heartfelt                           |
| 10.   | centered                       | 42.   | heart-space                         |
| 11.   | cheer                          | 43.   | hilarious                           |
| 12.   | compassionate                  | 44.   | hot                                 |
| 13.   | controlled                     | 45.   | I am the man, the king!             |
| 14.   | cool                           | 46.   | I control my emotions, rather than  |
| 15.   | courageous                     | 47.   | my emotions controlling me          |
| 16.   | delightful, delight            | 48.   | impulsive                           |
| 17.   | desire                         | 49.   | indescribable                       |
| 18.   | determination                  | 50.   | inspire, inspiring, inspired,       |
| 19.   | discern, discerning, discernment | 51.   | inspiration                        |
| 20.   | ecstatic                       | 52.   | irresistible                        |
| 21.   | elated, elation                | 53.   | joy, joyful                         |
| 22.   | emotional fitness              | 54.   | jubilant                            |
| 23.   | emotional god / goddess        | 55.   | liberation                          |
| 24.   | enchanting                     | 56.   | light a fire under                  |
| 25.   | encourage                      | 57.   | loving                              |
| 26.   | enjoy, enjoying, enjoyment     | 58.   | lust                                |
| 27.   | enriched                       | 59.   | magical                             |
| 28.   | entertainer                     | 60.   | mastering                           |
| 29.   | enthusiastic, enthusiasm        | 61.   | momentous                           |
| 30.   | euphoric, euphoria              | 62.   | moved to take deliberate action     |
| 31.   | exemplar of grace              | 63.   | outrageous                          |
| 32.   | express, expressing             | 64.   | “over the moon”                     |
|       |                                | 65.   | overwhelmingly grateful             |
| 33.   | passion, passionate            | 66.   | patience                            |
| 34.   | patience                       | 67.   | peaceful, at peace                  |
| 35.   | peaceful, at peace             | 68.   | phenomenal                          |
| 36.   | play, playing, playful         | 69.   | rapturous                           |
| 37.   | release                        | 70.   | respond rather than react           |
| 38.   | respond rather than react       | 71.   | revel, reveling                      |
| 39.   | sensitive                      | 72.   | sensitive                           |
| 40.   | Seventeenth Heaven             | 73.   |                                    |
| 41.   | sexy                           | 74.   |                                    |
| 42.   | smokin’                        | 75.   |                                    |
| 43.   | spontaneous                    | 76.   |                                    |
| 44.   | stimulated                     | 77.   |                                    |
| 45.   | surprise master (or sorcerer)  | 78.   |                                    |
| 46.   | sweet                          | 79.   |                                    |
| 47.   | thriving                       | 80.   |                                    |
| 48.   | transformed, transformation     | 81.   |                                    |
| 49.   | triumph                        | 82.   |                                    |
| 50.   | uncontrolled                   | 83.   |                                    |
| 51.   | understand                     | 84.   |                                    |
| 52.   | unlimited                      | 85.   |                                    |
| 53.   | vibrant                        | 86.   |                                    |
| 54.   | wacky                          | 87.   |                                    |
| 55.   | welful                         | 88.   |                                    |
| 56.   | welful                         | 89.   |                                    |
| 57.   | wild                           | 90.   |                                    |
| 58.   | wacky                          | 91.   |                                    |
| 59.   | welful                         | 92.   |                                    |
FINANCES

1. abundant, abundance
2. accumulate
3. affluent, affluence
4. all one's needs met (or exceeded)
5. amass
6. asset allocation, allocator
7. attracting abundance (or wealth)
8. benefits
9. builder, building
10. capital
11. cash flow
12. channel of abundance
13. compounding
14. consistency
15. contributing (to others)
16. cost-conscious
17. critical mass
18. daring
19. debt-free
20. dedicated
21. discerning evaluator
22. disciplined
23. earner extraordinaire
24. emotional management (no matter how investments are doing)
25. empire-building
26. endowing
27. financially free
28. financial wizard (or guru)
29. “fiscal” health
30. flexible
31. flow, fluid, overflowing
32. fortune
33. fruitful
34. gain
35. generous, generosity
36. genius
37. grateful
38. growing, growth
39. independently wealthy
40. informed
41. intelligent
42. investing, investor, investment
43. learning
44. leave a legacy
45. luxury, opulence, lavishness
46. making money, in the money, put money into
47. manifesting
48. maximizing
49. “Midas touch”
50. millionaire (or “millionaire in the making”), multimillionaire, billionaire
51. money magnet, money maven
52. mover and shaker
53. opportunities
54. philanthropist
55. plenty (as in “horn of plenty”)
56. profit, profitable, profiting
57. prosper, prosperous, prosperity
58. protector of assets
59. resources
60. rich
61. risk-taker
62. rolling in it
63. saver
64. secure
65. sharing
66. “show me the money!”
67. strike it rich
68. successful
69. tithing
70. treasure
71. wealth, wealthy, wealth-building
72. well-to-do, well-off, living in the lap of luxury
73. worth, worthy
### CAREER

| 1. | accomplisher, accomplishment |
| 2. | achievement, achieve |
| 3. | advise, advisor |
| 4. | advocate |
| 5. | Albert Einstein of R&D |
| 6. | be the best |
| 7. | building, business builder |
| 8. | business genius |
| 9. | calling (as in one’s “calling”) |
| 10. | CANI! Master |
| 11. | Captain of quality |
| 12. | chart one’s course |
| 13. | co-worker |
| 14. | collaborate, collaborating, collaborator |
| 15. | commitment keeper |
| 16. | communication queen |
| 17. | competitive |
| 18. | connected |
| 19. | contributor |
| 20. | courageous |
| 21. | creating, creative, creator of the life of my dreams |
| 22. | dedicated |
| 23. | design, designing |
| 24. | disciplined |
| 25. | dynamic |
| 26. | education |
| 27. | effective |
| 28. | enterprise |
| 29. | entrepreneur |
| 30. | exceed (as in exceeding expectations or goals) |
| 31. | expand, expansion |
| 32. | express, expressing, expression |
| 33. | far-sighted |
| 34. | flexible |
| 35. | founding |
| 36. | growing, growth |
| 37. | guide, guided |
| 38. | influence |
| 39. | innovative |
| 40. | inspired |
| 41. | leader, head, director |
| 42. | lifework, life path |
| 43. | living my purpose |
| 44. | magnate |
| 45. | methodical |
| 46. | mogul |
| 47. | negotiator |
| 48. | network |
| 49. | next level, next step |
| 50. | opportunity seeker / seizer |
| 51. | organize, organized, organizer |
| 52. | performance expert |
| 53. | persuader, persuasion |
| 54. | possibility |
| 55. | potential |
| 56. | proactive |
| 57. | productive |
| 58. | profession, professional |
| 59. | progress, progressing, proceed, proceeding |
| 60. | purpose, purposeful |
| 61. | pursuing |
| 62. | reach the top |
| 63. | results magician |
| 64. | sphere of influence, standing, status |
| 65. | stock builder |
| 66. | strategist |
| 67. | supporter |
| 68. | talented |
| 69. | team builder, team player |
| 70. | “the buck stops here” |
| 71. | trend-setter, trend-watcher |
| 72. | turnaround master |
| 73. | tycoon |
| 74. | visionary, envision |
| 75. | vocation |
SPIRITUALITY

1. abundance
2. attainment
3. authentic
4. calm
5. centered
6. compassionate
7. consciousness
8. devotion
9. divinity
10. ecstasy
11. expression of love, of the highest
12. faith
13. flow
14. force for God
15. force for good
16. forgiving
17. free
18. God
19. grace
20. grateful, gratitude
21. guide, guided
22. happiness
23. heart
24. highest, highest and best
25. humble
26. inspirational
27. light
28. love
29. manifestation
30. meditating
31. obedient
32. one, oneness
33. open
34. peace
35. praising
36. purifying
37. release
38. seeker, seeking
39. service
40. sharing
41. simplicity
42. spiritual soul
43. surrender
44. transformation
45. tuning into God
46. truth
47. understanding
48. union
49. Universe
50. willing
51. wise, wisdom
52. worshipping
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<tr>
<th>TIME / LIFE MANAGEMENT</th>
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<td>1. accomplishment</td>
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<tr>
<td>2. achieve, achievement</td>
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<tr>
<td>3. action</td>
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<td>4. balanced</td>
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<td>5. big picture</td>
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<td>6. brainstorm</td>
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<td>7. centered</td>
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<td>8. certainty</td>
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<td>9. choice, choosing, options</td>
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<td>10. chunking</td>
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<td>11. clarify, clear, clarity</td>
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<td>12. commitments, commitment keeper</td>
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<td>13. competent</td>
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<td>14. consequence master</td>
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<td>15. create, creating, creating the life of my dreams</td>
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<td>16. decisions, decision-maker, decisive</td>
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<td>17. designer of life, designer of destiny</td>
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<td>18. detail master</td>
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<td>19. direction, sense of direction</td>
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<td>20. easy</td>
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<td>21. effective</td>
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<td>22. efficient</td>
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<td>23. effortless</td>
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<td>24. elegant</td>
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<td>25. enjoyable, enjoyment</td>
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<td>26. evaluate, evaluator</td>
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<td>27. flowing, fluid</td>
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<td>28. focus</td>
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<td>29. follow up, follow through</td>
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<td>30. fulfillment</td>
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<td>31. goal-setting</td>
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<td>32. guide, guided</td>
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LEADERSHIP

1. accomplish, accomplishment
2. achievement, achieve
3. advisor
4. assemble
5. authentic
6. be the best
7. catalyst
8. certainty
9. charismatic
10. chief, head, leader
11. clarity, clear
12. command
13. communication
14. community leader
15. compelling
16. competitive
17. connected
18. create, creative
19. direct, directing, director
20. discovery
21. dynamic
22. empowered, empowering
23. energetic
24. enthusiastic, enthusiasm
25. expansion
26. father of the clan
27. force for good
28. growing, growth
29. guide, guided
30. Guru of Guidance
31. helping others
32. hero, heroine, heroic
33. identity
34. influence
35. innovative
36. in the flow
37. inspirational, inspirer
38. integrity
39. Jedi Knight or Warrior
40. leave a legacy
41. long-range thinker
42. master
43. mentor
44. next level, next step
45. one of a kind
46. opportunity originator
47. persuader, persuasive
48. play at the highest level
49. possibility, possibility thinker
50. potential
51. proactive
52. purpose, purposeful
53. reach the top
54. resolve
55. role model
56. sponsor, support
57. star quality
58. strategist
59. take action
60. take charge
61. talent scout
62. the answer man or woman
63. trend-setter
64. vision, visionary
GENERAL (WORDS THAT AMPLIFY EXPERIENCE IN ANY CATEGORY)

1. amazing
2. authentic
3. awesome
4. beautiful
5. best
6. bodacious
7. clever
8. continuing, ongoing
9. creating
10. deep
11. delightful
12. empowering
13. excellence
14. exceptional
15. extraordinary
16. fabulous
17. fountain
18. fulfillment
19. fun
20. golden
21. high
22. inspired, inspiring
23. intelligent
24. juice, juicy
25. lifestyle
26. magic, magical, magician
27. magnificent
28. marvelous, magical
29. mastery
30. model
31. outstanding
32. passion, passionate
33. platinum
34. powerful, powerhouse
35. prodigious
36. savvy
37. simply the best
38. smart
39. spectacular
40. super
41. transformed, transformation, transforming
42. uncompromising
43. unparalleled
44. wizard
45. world-class