



Kick-Ass Call to Action

“Walking the Talk”

“Walking the Talk” is about BEING HONEST with yourself. Our kick-ass call to action is going to challenge your work ethics regarding household activities.

Household Activities: We all have to do them and they take up a considerable amount of our time. What so many people neglect to tell themselves however, is that they are simply **one of those things that WE ALL just have to do.**

It's irrelevant how much we grumble, put off doing jobs around the house, enjoy or hate them, they are still there and still need to be done. We can make them easier and a heck of a lot more fun of course, but that's a home life skill for another day.

When it comes to “Walking the Talk” as far as your work ethics are concerned take a moment to consider your attitude towards housework (honestly please).

The “hating” part of doing housework, **the perceived lack of fun and lack of pride we often take in the task, is a “learned” attitude.** We've all been, more or less, brain-washed into believing it's a negative thing largely as a result of our own parents, partners, peers and social influences.

- Do you grumble when it's time to tidy up or clean?
- Do you use negative words and body language when discussing household activities, i.e., “I MUST clean”, “I NEED to cook supper”, or “I've GOT TO go shopping”. The chances are you do and accompany them with a heavy sigh or some other negative body language.

We all need to learn to find the positive side of things we have to do. It's the only way to make them less of a task.

We'd like to give you a CANDo shake up.

1. List on the left of the table on the next page how you refer to household activities and what kind of body language you use. We've included a couple as examples. Note: We often perceive ourselves and our attitudes differently to others. It's a good idea to get someone to help you with this if you can. If not, just complete it alone but do “take responsibility” and be honest with yourself.

2. Now read through the list. If the phrase you've written is positive, copy it to the column on the right. If it's negative, re-phrase it so that it becomes positive and write the positive phrase in the write hand column.
3. Once you've got your list of positive phrases, consciously start using them every time you refer to household activities. At first it will seem false and it will be difficult to remember, but after a few days, they'll start to become a part of your attitude and you'll even start to feel genuinely more positive about what you're doing.

If you find you're a very negative person, it may be worthwhile brushing up on your [Keep it Positive](#) Life Skills.

Watch your children over the next few weeks. They'll be witnessing your new "positive" approach and you should start seeing less grumbling and more willingness to help.

Please help us to help others. If you found this exercise useful, head back to the [Walking the Talk on CANDo Life Skills](#) article and leave a comment or send us a [CANDo email](#) with your feedback. It would be great if you could like us on [Facebook](#) or [Twitter](#) about us too.

Current Comments	Positive Comments
I MUST to clean. (Run fingers through hair)	I'm going to clean up now. (Stand up straight and pull your shoulders back)
I NEED to cook supper. (Sigh)	We're having spaghetti tonight! (Clap hands together and smile).



Current Comments	Positive Comments

