100 POSITIVE ACTION WORDS

Nurture Queue Greet Surprise Support Coordinate Beam Smile Rejoice Risk Care Meet Foster Keep Gather Promise Endorse Get Try Listen Motivate Dedicate Notice Volunteer Hear Produce Toll Hug Protect Invent Energise

Enliven Demonstrate Organise Think Appreciat Welcome Invite Heed Forgive Observe Tolerate Interpret Encourage Settle Trust Calm Love Gather Promise Wait Excite Remind Endorse Get Try Clap Entertain Listen Look Insist Educate Please Confide Joke Prepare Understand Rally Protect Invent Energise Enliven Demonstrate Organise Think Appreciate Produce Tell Hug Protect Invent Energise

Know Intuit Find Cheer Sympathise Agree **Fetch** Consider





75 NEGATIVE ACTION WORDS TO AVOID

Offend Grope Undermine Punish Ruin Scorn Rebuff Frighten Vanquish Kick Humiliate Nag Grumble Exclude Harm Cheat Hurt Dictate Bash Divulge Upset Damage Embarrass Criticise Assault Tease Annoy Boss Prevent Argue Hinder Hide Manipulate
Force Jeer Bump Spoil Squabble

Rule Taunt Wreck Demand Harass Fight Terrify Brag Boast Lecture Stigmatise Snarl Attack Interrupt Insult Compete Judge Threaten



