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Basic words used in daily life

Many people think their lives aren't interesting enough or worthy enough of being committed to paper, even in journals or on scraps of napkins (my preferred writing materials).Whenever I tell people about the importance of journaling or leaving behind some sort of written record of their lives for their families, they usually say the same thing: "Oh, who'd want to read that?" or "My life isn't that exciting" or "I don't have much to say."But just like creativity is in our bones, writing down our lives isn't just worthwhile.It is within us and it's a wonderful thing to do to process our world.It's even good for us. For instance, journaling provides a variety of health and wellness benefits.One way to write our stories is through the six-word memoir.I first discovered six-word memoirs while reading Gretchen Rubin's interview with Larry Smith. Smith is the editor of SMITH magazine, home to the idea of writing your life in six words.Then, I read about six-word memoirs on one of my favorite healthy living blogs and then I wrote about the concept on my body image blog Weightless.According to their mission, "SMITH magazine celebrates the joy of passionate, personal storytelling." The inspiration for six-word memoirs came courtesy of a legend about Ernest Hemingway. As the story goes, Hemingway was once challenged to tell a story in six words. He came up with this: "For sale: baby shoes, never worn."Six-word memoirs are a profound and creative way to think about your life, your surroundings, your reality and ultimately yourself.It's an interesting, surprising and exciting strategy for self-expression.There are many ways you can interpret six-word memoirs to make them your own.You can write about your days in six words in your journal. You can process your emotions — whether that's grief or giddiness — create a mantra, generate goals or contemplate your secret to happiness.You can capture an experience or a memory in a single, succinct sentence. Write about how you see the world. Or how you'd love to see it.(Six-word memoirs are also both exciting and challenging for wordy-warts like me!)Smith writes a blog where he features a variety of six-word memoirs.Here are some of my favorites from the blog that may spark your imagination: "Teaching 18-year-olds poetry; pray for me."—"CuriousThing"She's my flashlight in the dark." —Onion"I would do it all again." —Jason Madaus, Operation Iraqi Freedom, 2003-2009"Finally realizing: I AM good enough." —AddySue"Laying with you but sleeping alone."—1111pm"Dining solo, but not without candlelight." —Geo"Everyone has scars. Everyone has stories." —HearUsNowMy six-word memoir?"Finding my voice, while learning self-love."What is your six-word memoir? How would you capture a slice from your life in six words? By Betty Liu, Host and editor-at-large, Bloomberg Markets@BettyWLIuOne thing I've learned in the year I've started our company, Radiate, is that a lot of you are busy. Actually, all of you.I'm not sure what it is. Maybe it's the triple play of work, life, and social media. For some reason, we're so busy that now we have to schedule sleep into our calendars.Why did all this happen? I think it's the Screen in Your Hand. A friend of mine told me that on a recent trip he left his phone in a friend's car and couldn't retrieve it until the next day. Suddenly, he had all the time in the world. Rather than feeling blessed, he said it was a frightening experience. One evening with nothing to do? May as well be stranded on the moon!We all handle the busy craziness with varying degrees of success. I thought I was handling mine pretty well until my back gave out, forcing me into bed rest. That was a big learning experience which I'm still grateful for. Since then, I've been interested in different ways people organize their time and prioritize their lives.One terrific way has been using a very simple phrase. I learned this trick from an equally busy person who said he came across it on a Reddit forum, the ideal platform for the ADD person. Basically, the next time you catch yourself saying, "I don't have time for..." replace those exact words with "Subject X is not a priority."At first I was skeptical. How could this phrase help me prioritize?And then I began to use it. The first instance had to do with exercising. Whenever I found myself muttering, "I don't have time to go to the gym," I'd replace that phrase with "Exercising is not a priority." I knew that wasn't true. And so I consciously made time to exercise. Now, I schedule it in like I schedule meetings because it is a priority.The next was with my kids. Every time I said to my boys "I'm too busy to take you to the movies" or whatever else it was, I'd replace it with "Taking the boys to the movies is not a priority." Ouch. That sounded harsh. I sorted out what really was a priority and what wasn't. If I dropped everything all the time, I'd never get any work done. So "taking the boys to a movie" became a priority but things like "downloading the latest app to their phone" fell down the list.The third scenario in which I used this trick was probably the most important: meetings. Even with the rise of social media, people love to meet for coffee. I like to as well. There just aren't enough hours in the day to grab coffee with all the people you meet. So you have to start saying no, but who wants to hurt someone's feelings? I'm always amazed by the people who can turn down requests for coffee and still look like the nicest person in the world. I always worry people will hate me.But then I started to use this phrase. "Meeting for coffee to discuss X is not a priority." It really helped clear up what was important. I defined "not a priority" as any meeting that was neither urgent nor important at the time. I'd kick that meeting down the month. It didn't mean I didn't think the person was important but that the subject at hand was subsumed by other things.I hope you find this phrase useful in your own life. Tell me your experience by commenting below.And if you want to hear some clever time-saving tricks from people like Adam Grant, watch our Radiate video:Inc. helps entrepreneurs change the world. Get the advice you need to start, grow, and lead your business today. Subscribe here for unlimited access.The opinions expressed here by Inc.com columnists are their own, not those of Inc.com. This might be too much information, but the other day as I was sitting in the restroom of a coffee shop, I glanced at the wall in front of me where either bored or inspired patrons had inscribed their particular sentiments.One scrawled word caught my eye: Exploreality."What a cool word," I thought to myself.Walking back to my table, I turned the word over and over in my head.Exploreality. Exploreality.I'm not sure what the artist meant when she scribbled the word on the wall, but it did what good art is supposed to do – it made me think.That's how I understood the word and it got me pondering about what it meant to me.Explore reality.A portmanteau is a combination of two words into one new word such as exploreality. Here are a few of my own portmanteaus to sum up my thoughts about the inspirational restroom art.1. ExtendenialWhy did the bathroom writer encourage us to explore reality? Because we spend most of our time in a type of veiled, extended denial - extendenial.Denial sometimes gets a bad rap. When we are traumatized or experience severe adversity, denial is a protective factor that helps us rest before we actively address the trauma or problem.But used too much, denial gets in our way.It prevents us from seeing what is right in front of us - the life that we have, not the life that we think we should have.It's this latter idea that forms our veil of extendenial. We don't embrace the reality of what is in front of us because we hold an illusion that "someday" life will be _____. (Fill in the blank with whatever you don't have right now.)Don't get me wrong. There is certainly nothing wrong with having goals.But how much of life are you missing by thinking, "I'll be happy when...".?72. BusymbioticA way to extendenial is to be busymbiotic - having a symbiotic relationship with being busy.Our social norm of "busy = productive = good" has caused us to glom onto busyness as though it is an integral and reciprocal part of us. Just like a symbiote, we think we need busyness in order to do well in the world and be happy.But busyness is just another way to engage in seeking the "someday" life and disengage from the life that you have right now, both the glory and the gloom. Someone commented on my blog the other day that she decided to put away the busyness of life so that she could get on with the busyness of life.Amen to that.3. Interactuality So, how do you stop being so busymbiotic that you're in a state of extendenial?By interacting with your actual life - interactuality.Let me say again that there is certainly nothing wrong with having goals and being motivated to better yourself in life both emotionally and materially,But interact with your days now as you are working toward those goals.Enjoy friendships.Learn something new.Notice how you like the aroma of coffee in the morning but would be happy to not have to smell your partner's burnt oatmeal again.Find something that you like about work and emphasize that in your mind. Note the difference between that feeling and the one that comes up when you're annoying co-worker walks by. Life is good and bad, joy and misery, contentment and discontent, and many shades of gray in between those things.But it's your actual life. Interact with it.Love your life now.4. RemindfulnessYes, this portmanteau is exactly what it looks like: reminding yourself to be mindful.Mindfulness is the art and practice of noticing your present experience without judgment.So maybe part of what inhibits you from exploring reality is that reality isn't such a great place for you so it's easier to be in extendenial.But is life really that bad or are you making it worse with judgmental thinking?The thing about mindfulness is that it allows you to be engaged in your current life experience without all of the drama that you add to it in your head.So for example, as I've been writing this, I've drifted in and out of extendenial and remindfulness.Although I enjoy writing, it's very hard for me. It takes a long time and I can get very easily distracted. My thoughts tend to go something like this: "Geez, this is taking forever. Maybe I'm just not meant to be a writer. I really want to do something else right now. Focus...focus...you can do this. Other people must be faster at this than I am. Maybe I should... squirrel!"You can see that I spend a lot of internal energy wishing my life was something other than it is at the moment.But when I remind myself to be mindful, I come into the present, take a breath and realize that I'm...okay.Yes.Even with a life that gets distracted by a squirrel or takes a long time to finish a sentence, it's all okay and I recognize that my mind has been making me miserable only seconds before by judging my experience of writing.Now that I'm in the present and not judging it, I can accept that writing brings me both joy and frustration. Like you, I want the joy and not the frustration.But frustration is a part of life and mindfully accepting the emotion, not magnifying it in my head, and moving on frees me from getting stuck and wishing my life was something that it is not.Instead, I acknowledge that this is the life I have and to live fully is to interact with it consciously and with mindfulness.And, as I remind myself to be mindful by taking that deep breath, I look up and notice the sun outside my window and hear the sound of the chimes in the trees as they blow gently in the breeze.Reality.I'm exploring mine. What about you? Featured photo credit: Heart in Hands via ShutterstockThe final entries for the 10th Turbulence Training Transformation Contest are coming in, and they are the best ever (as I'd hoped). As always, I'm extremely proud of everyone, but moreso I'm inspired to do better, help more, and showcase everyone who has succeeded. One gent, Neil from the UK, posted these 14 life-changing words along with his essay: "To get what you've never had, you've got to do what you've never done!" That's a great quote. So are these... Focus on what you CAN do instead of worrying about what you can't. "It matters not how strait the gate, How charged with punishments the scroll, I am the master of my fate: I am the captain of my soul." - William Ernest Henley I hope that inspires you to take action this week. Today's workout: 1A) Box Jump 1B) Squat 2A) Split Squat 2B) 1-Leg Stability Ball Leg Curl I'm taking it easy this week, trying some new exercises tomorrow and Wednesday. Here's something new for guys to try if they are new to TT (free workout) => Free TT Workout for Men And more free stuff... Oh Braigtz...you and your video igniting a firestorm of controversy...on the YouTubeingz of the interwebz...Jolz...Braigtz means no disrespect to the ol' Bugs Moran gang...but seriously a great workout...just don't read the first comment => Ballantyne's Day Muscle Massacre And more: This week's 7-day fat loss coaching call features NEW research on "the truth about fasted cardio" AND a picture of me with crazy post-workout bedhead => The TRUTH About Fasted Cardio Stey strong, Craig Ballantyne This content is created and maintained by a third party, and imported onto this page to help users to help users find their email addresses. You may be able to find more information about this and similar content at piano.io AP/REX/ShutterstockAnd the Academy Award for the "Golden Statuette's Eponym" is... a mystery! But, there are a few theories circulating. Actress Bette Davis supposedly claimed that the statuette resembled her of her husband Harmon Oscar Nelson. While Sidney Skolsky, a columnist, gives himself the title of "eponym creator" because he thought the nickname negated pretension from the esteemed award. And the Academy's librarian Margaret Herrick reportedly declared that the statuette reminded her of her uncle, Oscar Pierce. We may never know its true origins. Here are the real-life people that inspired these iconic characters as well. Uncredited/AP/REX/ShutterstockYour favorite childhood mocktail was definitely named after none other than the curly-haired child star, Shirley Temple. The story goes that the wait staff at a Hollywood restaurant overheard the little girl whining when her parents wouldn't give her a sip of their old-fashioned cocktails. A member of the staff mixed up a kid-friendly version made with a splash of grenadine, a cup of ginger ale, and garnished it with a signature maraschino cherry to emulate the old-fashioned cocktails her parents drank. One sip of the sweet, fizzy drink was all it took to quiet her cries. Cute and nice were just two of the many words people used to describe Shirley Temple, but they were actually a couple of the 15 common words that used to have completely different meanings. Historia/REX/ShutterstockDuring the 1870s, history began to repeat itself as another agricultural crisis wreaked havoc in Ireland. The crisis threatened to recreate the horrific famine and mass evictions that occurred a mere thirty years prior. In an effort to campaign against rent increases and evictions by landlords, the Irish farmers banded together to form the Irish Land League. The group targeted one apathetic English land agent, in particular, Charles Cunningham Boycott, a man responsible for kicking out tenant farmers who refused to pay their rents. Boycott's angered laborers and servants quit, his crops rotted to the ground, and the word "boycott" defined as "refusing to deal with a company, organization, or person to protest or punish them" was named after him. In a way, karma got him good. Gianni Dagli Orti/REX/ShutterstockNo one wants to be crowned the dunce of the group, in other words, the dumb, dokey one. But there was a time when being called a dunce was the greatest form of flattery. Long ago, everyone wanted to think just like John Duns Scotus, the greatest medieval philosopher of his time. In fact, his followers referred to themselves as "dunsmen." Unfortunately, Scotus' beliefs faded with the times and soon people criticized his convictions as being antiquated and dumb. Thus, "dunsman" was shortened to "duns"—no longer a term for a great thinker, but instead a slow-witted person. If you don't want to sound like a dunce, never use these 70 words and phrases wrong again. Amoret Tanner Collection/REX/ShutterstockThe women's rights activist, Amelia Bloomer, helped popularize the bloomer craze, despite the fact that other progressive women wore them much earlier than she did. As part of a women's dress-reform movement, Bloomer started wearing loose-fitting blouses and short skirts with long pantaloons underneath to protest the heavy petticoats and bone-crushing corsets that women were forced to wear in the 1850s. Many people ridiculed her outlandish outfit that went against every gender norm. She lashed back at her critics in an article she wrote for a women's rights newspaper that said, "Let men be compelled to wear our dress for awhile, and we should soon hear them advocating for change." Soon after the article's publication, everyone called the pantaloons "bloomers"—a new symbol for women's rights. We may not use the word "bloomers" anymore to describe undergarments, but these are 10 words we should totally use again, but no longer do. The Art Archive/REX/ShutterstockYour favorite fall sweater wasn't named after a seamstress or fashion designer. In fact, you can thank British general, James Brudenell, the 7th Earl of Cardigan, for reportedly popularizing the timeless fashion item. During the Crimean War in 1854, Cardigan's regiment donned wool knit waistcoats, which were later called cardigans, to keep them warm on the battlefields of the Crimean Peninsula. No one is sure why cardigans were named after a man who didn't invent the article of clothing. But some people theorize that his highbrow tastes for elegance and extravagance amongst his troop's uniforms helped cardigans gain traction as a fashion statement well after the war. Historia/REX/ShutterstockThis object was actually named after its inventor, Adolphe Sax. The Belgian-French instrument maker wanted to combine the best of brass, woodwind, and stringed instruments into one masterpiece. By 1841, he had created his first working model of the bass horn, the saxophone's former name. But a French reporter had a much "saxier" name for the instrument and dubbed it the saxophone. Sax patented the saxophone in 1846 and the name has stuck ever since! Reporters aren't the only ones who make up words, these U.S. presidents made up these 8 words and phrases. Via Library of CongressThe sweet treat is ironically named after the 19th century health nut, Reverend Sylvester Graham. The clergyman preached incessantly about how detrimental excessive sexual desires were to one's health. The reverend recommended a strict vegetarian diet for suppressing one's carnal urges because he believed that eating fat and meat lead to unnecessary lustful infatuation. Many of his followers ate his renowned "Graham bread," made from coarsely ground wheat to cleanse any sexual urges or thoughts from their bodies and minds. The original ingredients were a major deviation from today's graham cracker recipe consisting of bleached white flour—a dietary evil that would have Graham seething in his grave. And real-life people don't just inspire food product names, they also inspire food product icons. REX/ShutterstockSideburns were all the rage in the American Civil War well before Elvis Presley was even born. The popular male hair trend of bushy whiskers on the cheeks was originally called burnsid es after the Union Army General Ambrose E. Burnside. His wildly different facial hair first caught people's attention during a parade in Washington D.C. as he led his regiment of Rhode Island volunteers. By the 1880s, the name was switched to sideburns. Historia/REX/ShutterstockBefore there were selfies, painted or paper cutout silhouettes were the most affordable portraits that adorned people's homes during the 18th century. Many people loved their silhouette selfies, but the man for who they were named after was anything but loved. France's finance minister at the time, Étienne de Silhouette, had a reputation for being a frugal French man and was often seen making the cut-paper shadow portraits, himself, in his free time. Because of his cheap ways and favorite hobby, the French phrase "à la Silhouette" came to mean "on the cheap" and the shadow portraits were named after Silhouette to poke fun at him as well. Public domain via wikimedia commonsSamuel A. Maverick, the 19th century Texan lawyer, had a client who settled a \$1,200 debt with him in livestock—400 cattle worth. Instead of branding the cattle as his own, Maverick let the animals roam free and unbranded, a rookie rancher mistake. Little did he know that neighboring stockmen were stealing his stray cattle and branding them as their own. Once Maverick came to his senses, he sold the rest of his depleted herd. Soon, his last name was used to refer to people who preferred to go against the crowd and blaze their own trails. Universal History Archive/Universal Images Group/REX/ShutterstockJohn Montagu, the Earl of Sandwich who lived from 1718 to 1792, may have created the classic lunch staple. It was no secret in town that Montagu's vice was gambling. Legend has it that the gambler once spent an entire 24 hours at the gambling table eating nothing but slices of cold beef wedged between two pieces of toast. And if the story bears any truth, it's how the sandwich was invented. Sandwich is easy to say, but do you know how to pronounce these 20 words correctly? Matt York/AP/REX/ShutterstockIt is illegal for a police officer to interrogate a suspected criminal without mirandizing (a.k.a reciting the Miranda warning) to them first. Ernesto A. Miranda, a criminal from the 1960s, is the reason why present-day police officers say during an arrest, "You have the right to remain silent..." followed by a list of their legal rights. After Miranda confessed to the charges against him for rape, kidnapping, and armed robbery, the U.S. Supreme Court overturned his conviction. It had become evident in court that police officers had failed to inform Miranda of his legal rights before their interrogation began—now known as the Miranda warnings. But Miranda wasn't let off the hook that easily. In his second trial, he was again convicted of kidnapping and rape based on other evidence and served 11 years in prison before his parole in 1972. vita pakhal/shutterstockYou may have dated a casanova or two in your life. Giacomo Girolamo Casanova inspired the well-known term for a promiscuous male. The Italian adventurer and author wrote a memoir that bragged about his many "conquests" along his travels. Amazing snapsho/shutterstockThe vibrant flower with colorful hues from Mexico was named after Anders Dahl, an 18th-century Swedish botanist. Dahl must have been a highly admired plant expert of his time because many botanists have been credited for bestowing his name upon the flower. Dahlias may be beautiful flowers, but do you know the most beautiful word in the English language? Hint—it's not the word "beautiful." Originally Published: April 16, 2019

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