

Chunks of Ice

Communication is at the core of every personal moment, experience, transaction and interaction. Whether you are engaged in self-talk or presenting to a large audience, your word choices will have a significant impact on the results you achieve; and help you create a culture of confidence.

The first "chunk" is dated 12-02-09, and every other Wednesday thereafter, [Chunks of Ice](#) will be added to your material. These are articles that demonstrate how [Remember the Ice](#) is an easy to learn, yet comprehensive [empowering word choice](#) program that teaches you to enhance your communication skills with family members, friends, clients, co-workers--anyone who is important to you.

Throughout [The RTI Community](#) you will see the basic fundamentals of the concepts repeated. Think of it as training. Logging miles and miles as you prepare for a marathon; or swimming hundreds of laps to hone your strokes; or running wind sprints daily to build your stamina.

Repetition is the mother of skill.

I learned this during my Neuro-Associative Conditioning Systems Training with Tony Robbins in 1991, and continue to use it today. Whether you are reading these [Chunks of Ice](#), watching [Ice Motion](#) videos, listening to [The Sound of Ice](#) podcasts, flexing your [Ice Exercise](#) word choice muscles, or enjoying the "(k)notty word" [Ice Pics](#); the mantra of ***Repetition is the mother of skill*** resonates throughout both [The RTI Community](#) and [Remember the Ice](#).

So dive on into the articles and enhance your understanding of empowering articulation.

Enjoy this short video introduction from Bob about [Chunks of Ice](#).

Recent articles [An Email from Lewis Napper, 1993](#) Sep 8, 2010 Since 2000, this email message has been credited to Georgia State Representative, Mitchell Kaye. That is incorrect, as the message is actually from.... [Wait until you read this blog about \(K\)notty Words](#) Aug 25, 2010 They are "everywhere" and either spoken, written or thought of.....almost every single second somewhere in the world by somebody.....
[Finished Files](#) Aug 11, 2010 An exercise in raising awareness. Have fun with this one. [No vs. Not](#) Jul 28, 2010 *What is the different between a "not" and "no". For instance, what is the difference between saying, "No running" and "Don't run"?*

Thank you Rick Rutledge from Houston, Texas for this suggestion.

[Happy Birthday to Remember the Ice!](#) Jul 23, 2010 This one looks alot like the [Ice Exercise](#) of July 23rd.
Hmmmmm.

That's because it is! Remember; repetition is the mother of skill! [A mid-year look at resolutions.](#) Jul 14, 2010 As I was thinking about a subject for this week's [Ice Chip](#), I reflected back on the first half of the year. The main thought was, "How was I doing with my New Year's Resolutions?"

Are you smiling because you know you are fully engaged with your initial goal?

Has your language shifted as you think about how you are doing?

[A Lite effort has nothing to do with calories.](#) Jul 12, 2010 In **BNI**, there is no room for a "Lite Effort".
Exclusive content for **BNI** Members/Directors. [Customer Service](#) Jun 30, 2010 Company's or
Employee's Responsibility. So who hss the ultimate responsibility to provide that "Exceptional Care for Your
Valued Client?" [Fiction mirrors reality.](#) Jun 16, 2010 A recent episode of **The Mentalist** (CBS) gave a
great example of the disconnect between word choice and physiology. [Remember, I'm a secret to be
shared](#) Jun 7, 2010 Joe Stumpf, founder and National Spokesperson of By Referral Only, Inc., wrote an
interesting article for the June 2007 issue of Mortgage Planner magazine. In the article, he discusses a
"**Referral Rejection Dialogue**" that has an interesting ending to his script.
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