Affirmations / Declarations

One of the ways you can use the power of words is to speak out that which you desire. Our voice sends out a signature frequency as unique as our fingerprints. That, plus the emotion attached to the words create a vibration that goes out into the universe. We SPEAK our worlds into existence. That's why it's critical to be intentional with our language. Affirm those things you already believe, and declare those things you desire to believe. I have a list of these I use routinely, and I also have them on sticky notes all over where I will see them. I recommend you do the same.

When you put these techniques into practice, you will begin to change your life experience.

Your world is created by your words. The universe is listening, and it's very literal.

> *Your world is created by your words.   You can change your life experience.*

If you say, "I want a new BMW." The universe is designed to give you exactly that…the want (which means LACK) of a new BMW. You will have and hold this desire for as long as you say those words to yourself. SO – frame your thoughts and affirmations specifically, in the present tense, preferably using "I am", and add as much sensory language as you can.

Like this, "I am thrilled with the way my new smoky blue BMW 650i handles as I cruise with the top down along the Pacific Coast Highway. I love the tan leather interior with wood trim, and the mag wheels look SO hot."

Did you see it with me? Smell the new leather? Feel the wind in your hair and the sun on your face?

When you can FEEL the gratitude and joy of experiencing the object of your desire – that is the special sauce!

Once you work WITH the laws of the universe, intentionally aligning your vibration to that which you desire is easy. Speaking affirmations out loud is important, and thoughts are even more critical. Here's why: We speak an average of 10-20 thousand words each day, but we think 70,000 thoughts a day.

When we speak our affirmations out loud, it activates our thoughts, emotions and auditory function – and if we look into our eyes in a mirror while we say them, it also activates our visual function. Really rev up the effectiveness by including physical movement!

Therefore it's imperative that you BELIEVE your affirmations, that you actually THINK they will work and are true for you–the future you.

Be perfectly clear about what you desire. To gain clarity:

1. Set an intention to achieve your dream – WRITE it down. Success lies in the details, so the more detailed you are in your descriptions, the better.
2. Once you clearly have a picture of what you want, you must make a positive emotional connection with this picture. For example, if you are dreaming of landing a big new client, imagine the joy you'll feel calling your parents on the phone with the good news, or the pride you'll experience as your friends congratulate you.
3. These positive thoughts will energize you towards your goals, and they will also attract positive energy, people, and opportunities.

Visualize:

Visualization is one of the most powerful exercises you can do to transform your life. When you visualize, you are materializing an ideal future. It isn't a static image of success, like it is in Step 2 above. It's a dramatization of the life you want to live. When you visualize, you should always see your desired outcome in the present, as detailed and crisp as a movie. This will remind you of how close your dream is. This creates specific thoughts and feelings that will eventually lead you to your ideal reality.

Allow and Receive:

The final step is to allow your dreams to manifest into reality, then allow yourself to receive them. This seems relatively straightforward, but in fact, many people struggle to believe they are worthy to receive gifts, success, influence, etc. To accomplish this step, you must make the choice to move toward the life you've envisioned. This means embracing your desire and focusing only on your goals. Instead of wistfully dreaming about what you don't have, focus on the things that you do have, and on the single task of achieving that which you desire. When your focus is so intense, it is easy to allow yourself to dream and to receive the reality of these dreams.

In *Think and Grow Rich*, Napoleon Hill taught us, "Whatever your mind can conceive and believe, it can achieve" and it's true! If you think positive thoughts about yourself and what you can achieve, while taking action on your desires, you'll experience positive results. In contrast, if you think negative thoughts about yourself and what you can achieve, you'll be headed towards an outcome that is not in

alignment with your heart's desires.

ACTIVATE!

Your Profit Routine and Environment

Set up your routine and your environment for success. Creating your Plan to Profit in this area will look different for each person. Find what works for you - AND try on new things to change up your routine. Our minds love the new, and we often have to disrupt patterns in order to achieve change.

My Destiny is worth my Discipline!

Here are some ideas:

- Write out Affirmations and Declarations and put them where you will see them. Change locations and the color of sticky notes they are on at least every month, otherwise they will just become white noise.
- Write new scripts for times when you are triggered to repeat the habit of limiting thoughts or language. Observe yourself, stop yourself, and think/speak your new positive script.
- Break thought and emotion connections. Seek inner healing for this, even if you don't think you need it. We ALL can get better at operating with healed emotions.
- Gratitude journaling. (See the Being Happy on Purpose Activation exercise.)
- Clear the clutter! This includes people who suck your energy and time, or who infect your thoughts or environment with toxicity.

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