CREATE YOUR OWN AFFORMATIONS

AFFORMATION TIPS

• Say it out loud. Stand in front of a mirror, and speak your afformations out loud. Motivational speaker Kirk Duncan teaches that by doing this, you engage multiple senses to reprogram any old beliefs that don’t serve you. Speak it, hear it (your voice is the most believable sound to you), and see it. Do it three times daily, as the repetition allows the positive beliefs to sink in deeper into the subconscious mind, producing greater and faster results.

• Spend a little time visualizing your life as if you have already achieved your desires, your goals. Close your eyes and see, hear, and feel what it would be like to be in that space right now. Do this as you fall asleep and when you first wake up. Use your vision board to support greater visualization.

• Record your afformations on your phone or MP3 player while exercising, cleaning, driving, standing in line, sleeping, etc.

Look at the goals and desires you’ve outlined for yourself, and use these guidelines to create afformations to add power to your goals. You may also want to turn any inspiration that served you from the Build Your Belief into afformations and add them here. Also, draw from the work you did earlier on Creating Momentum.

Note: Sometimes you’ll start this process by recognizing what you don’t want. (i.e. “Nobody wants to enroll at my classes. I live in a poor area.”) This process is an incredible way to shift underlying negative beliefs into positive ones that invite the results you wish to see.

DREAMS TO GOALS

Now that you’ve looked closer at your dreams and desires, it’s time to make a doTERRA goal to support making your dreams a reality. Refer to Choose Your Success to guide you in finding a doTERRA rank/income goal that aligns with your dreams. Connect with your doTERRA mentor for support in knowing what goal would best support. Use the following questions to create a strong goal to reach your dreams.

“All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.”
- Brian Tracy

1. I am earning _______________ /month on or before ______________ (Date)

2. What is needed to create this goal? (e.g. daily actions, character attributes, skills, etc.)
   1. __________________________
   2. __________________________
   3. __________________________

3. What will you need to give up to reach this goal?
   1. __________________________
   2. __________________________
   3. __________________________

4. Why is it worth it?
   Relationships: __________________________
   Health: __________________________
   Financial: __________________________
   Life purpose: __________________________

5. What might go wrong? What normally gets in your way? (e.g. self-doubt, discouragement, lack of support, etc.)
   1. __________________________
   2. __________________________
   3. __________________________

6. What will you do when this happens to keep on track with your goal?
   1. __________________________
   2. __________________________
   3. __________________________

7. Who do you want to see you achieve this? How will it feel to share this with them? Paint a vivid picture.
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
Why is it essential for you to reach this goal?

When you think of reaching this goal, how does it feel?

Note: If you feel tense, journal and/or talk it out to find where the block is. Visualize and feel yourself sharing this success as noted in Step 7. Feel it, see it, smell it! As you do this, your subconscious will begin to look for opportunities and ways to align your life with what you want most. Use these answers to create a power statement below.

**GUT CHECK YOUR GOALS**

1. Does it inspire me? [Y][N]
2. Do I genuinely feel it’s possible to reach this goal? [Y][N]
3. Who is my accountability partner? ____________
4. When and how often will we check in? ____________
5. How will I celebrate when I reach my goal?

P.S. Don’t skip this step! Celebrating is a form of gratitude that is essential in creating sustainable success.

**CREATE A POWER STATEMENT**

Create a statement to powerfully articulate your vision, support reaching your goals, stay focused, and remain on track. Use the following questions and format to create your Power Statement. Post it on your mirror (or record as an audio) to connect with it daily. Draw out the insights that inspired you most from Dreams to Goals. You’ll continue to make these power statements, especially when using your Rank Planner.

| I am ___________________ on or before ______________ earning ___________/month |
| I am ___________________ on or before ______________ earning ___________/month |
| I am ___________________ on or before ______________ earning ___________/month |
| I am ___________________ on or before ______________ earning ___________/month |
| I am so grateful because ____________________________________________________________________________ |
| And I feel ________________________________________________________________________________________ |
| Signed ___________________ Date ___________________ |

Make your dreams sufficient to:
- Empower you to perform
- Overcome your fears
- Drive towards excellence
- Avoid things that ambush
- Become the person who achieves them

Express emotion in advance for how your achievement feels

Make a statement as if you’ve already achieved your goal

Date through month end