



One way to change your life is to change your subconscious mind through consistently feeding it new thoughts and images of what you desire most—a healthy, fit body, a memorable vacation, an improved relationship, a rank advancement, etc. This can be done through the use of a self-talk technique called affirmations.

An affirmation is a statement that describes your goal as if it has already been achieved, such as "I am completely relaxed, enjoying the sunset on the beach of Maui" or "I feel full of energy and vitality at my ideal body weight of one-twenty-five!" Consider the following guidelines to create affirmations to support creating the success you desire.

10 WAYS TO CREATE POWERFUL AFFIRMATION STATEMENTS

1 Use the words "I AM" in your affirmation statement. These two powerful words are understood by your subconscious as a command or directive to make it happen.

2 Get very clear on what it is that you desire. Be specific. Vague statements are less effective.

Effective: "I am earning \$10,000 a month in dōTERRA."

Less Effective: "I want to earn a lot of money in dōTERRA."

3 Use the present tense describing what you want as though you have already accomplished your goal or as if you already have what you desire.

Effective: "I am a powerful Diamond leader in dōTERRA!"

Less Effective: "I will be a powerful Diamond leader in dōTERRA."

4 State your affirmation in the positive not the negative. Focus on what you want, rather than what you don't want.

Effective: "I am enjoying financial freedom!"

Less Effective: "I am no longer in debt."

5 Use an action verb ending in -ing to evoke an image of doing it now.

Effective: "I am enjoying more time with my family."

Less Effective: "I enjoy more time with my family."

6 Make it brief and memorable so it can be memorized or easily remembered.

Effective: "I am a leader magnet!"

Less Effective: "I am finding people everywhere who want to do the business."

7 Use words that express feeling and emotion like, happily, peacefully, excited, grateful, celebrating, etc. The subconscious loves rhythm and rhymes.

Effective: "I am feeling beautiful and alive at 125!"

Less Effective: "I am maintaining my ideal weight of 125."

