



## Day 3: How to Change Your World and Embody Success

*Learning to re-program our thoughts and keep them positive is an important part of evolving into the best version of ourselves and affecting true change.*

Take a few minutes out of your day to write down 10 limiting beliefs or negative feelings you have about yourself and what you feel you're capable of. It's time to replace them with positive empowering statements and create new beliefs you would like to embody.

Your goal is to dig deep in this exercise and uncover those negative words you may hold over yourself – *words that no longer serve you* – and transform them. The negative words are usually those statements that you think “define” who you are and what might be holding you back.

What do you think of yourself? What are you saying to yourself about who you are on a daily basis? What are you stuck on? What are you struggling with? What frustrates you in your life?

Take these negative statements and turn them into positive empowering statements using the following:

**I AM...**

**I CAN...**

**I WILL...**

**I CHOOSE...**

**I HAVE...**

**I LOVE...**

**I CREATE...**

**I ENJOY...**

### ***Some Examples Might Be:***

“I don’t have enough time” becomes “I HAVE MORE THAN ENOUGH TIME”

“Making money is hard” becomes “I CHOOSE TO MAKE MONEY WITH EASE”

“I’m not smart ” becomes “I AM SMART”.

“I can’t lose weight becomes “I CAN LOSE WEIGHT EFFORTLESSLY”.

“I’m not good enough” becomes “I AM ALWAYS GOOD ENOUGH”.

“I’m not motivated” becomes “I AM RESPONSIBLE”.

“I AM ALWAYS LATE” becomes “I CHOOSE TO ALWAYS BE ON TIME”.

You can take these affirmative statements, write them down on sticky notes and place them around your house or in a journal that you **review and recite daily**.

Your ultimate goal is to retrain your brain and subconscious, re-programming your mind to accept better, more positive beliefs and *embody a new way of being*.

When you begin to consciously utilize the power of conscious language and “I AM” statements, your life WILL transform.

This isn’t something that works for some and won’t work for you; it works when you commit to the process of using these statements. You must make it a habit, everyday.

The good news is, once you make this a conscious habit for some time, it becomes an unconscious habit – you have re-trained your brain to accept the belief.

You have unlimited power and creativity – your inner spirit knows this. “I am” statements just affirm the truth of your nature.

We are all truly powerful beings at heart. Remember that you are capable of anything you put your mind to so I encourage you to be bold and creative with the embodiment of these statements.

**Book Reference:** *Conscious Language: The Logos of Now ~ The Discovery Code and Upgrade to Our New Conscious Operating System*, Author: Robert Tennyson Stevens