

Jumpstart My Wishful Doing

Eliminate limiting beliefs. Get Focused. Develop Micro Habits.



1st Channel Your Beliefs

1. **Abundance.** *“There is plenty of money, love, and joy to go around for me to live the life I’ve always imagined living.”*
2. **My innate power.** *“I am powerful and I can use my power at my will to make good things happen for me and my life.”*
3. **The power of the universe.** *“The Universe wants me to use my gifts to improve my life and the life of others and will conspire to assist me when I channel my beliefs, set my intentions, and engage in daily practices.”*

2nd Set Your Intentions

1. **Be present.** *“I will be present and engage in active observation to take stock of the world around me and my feelings.”*
2. **Be grateful.** *“I am grateful for _____.”*
3. **Be at peace.** *“I am at peace because the universe is in control and I am always exactly where I am supposed to be and I am on my path toward living the life I want.”*

3rd Engage in Daily Practices (It’s play time!)

1. **Mind.** *“I will learn something new today by _____ for ___ minutes.”*
2. **Body.** *“I will move my body today by _____ for ___ minutes.”*
3. **Spirit.** *“I will nurture my soul today by _____ for ___ minutes.”*

CHECK-IN

1. How many days this week did you do your affirmations?
2. Have you accepted them as a permanent practice?
3. How was the experience for you?

Instructions

1. Recite these affirmations daily, and preferably aloud. If you feel resistance, recite these affirmations multiple times a day—at least twice per day. For example, you can post a copy of this PDF in the bathroom to recite every morning and evening to start and end your day with self-love. You can go one step further by printing and keeping a copy on your person to recite midday or to use as a life raft when you need to be soothed, reassured or for a quick pick me up.
2. Break your day into four chunks (morning, midday, afternoon, and evening). This is for a couple of reasons. You can choose to practice the following affirmations in any or all of the ways listed below:
 - You can schedule individual or multiple affirmations during parts of your day that feel organic and most beneficial.
 - If, come nighttime, you feel like you dropped the ball and the day is lost, you can still make the most of your evening before lights out.
 - When things get a little dicey and everything that can go wrong is going wrong, chalk it up to a challenging afternoon, evening, etc. That way you can still bask in the joy that occurred in other parts of your day (and believe that other parts of your day will be better or express gratitude for the earlier part of your day).
3. When filling in the blanks, it's the little things that have a significant impact on improving our mood, day, marriage, life, etc. You don't have to do grandiose things. In fact, you will be way more effective if you take baby steps and focus on even the smallest things.

For example, you might express gratitude for no traffic in the morning and, as a result, an enjoyable commute. Or it could be the 20 minutes of solitude while the kids took a nap. It could even be your wife remembering to take her clothes out of the dryer. There is not a thing too small to be grateful for.

The same goes for your daily practices. Even committing just five minutes for each activity will improve your well-being so that you can begin living your best life and developing your stamina for “doing”. Don't look at these activities as a chore. Look at the activities as opportunities for playtime to indulge in some well-deserved “me” time.

Mind practices should be intellectually stimulating. Body practices should stimulate and challenge the body. Lastly, spirit practices should minimize distractions, heed the mind, body, soul connection, and stimulate your consciousness. Find a form of meditation that suits you.

4. Congratulations! You are on your way to moving from wishful thinking to wishful doing!!