



1. Write down all the things you DON'T want.
2. Next to each one, convert it to a positive equivalent that you can believe in.
3. Finally, identify with the new version by stating that you ARE already what you want.

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I don't want...	I want...	I am...
To be broke	To be financially free	I am improving my finances
To be sick	To be healthy	I am healing
To lose	To win	I am either winning or growing
To struggle	To succeed	I am doing my best in all situations

Note that this sample steers away from statements like "I am rich" and "I am healthy."

While it's helpful to envision yourself already having the final result, our minds tend to counter with a long list of "yeah, but" which will defeat the purpose.

Tell yourself something you can believe easily... or at least nudge your thoughts in the right direction.