

Creating Your Personal Power Affirmation

Part 1

Now to the fun part of the Manifest Your Desires process, creating your Personal Power Affirmation. This exercise does take a little bit of effort, but it is absolutely worth it. What you will end up with is your unique self-created Personal Power Affirmation that you will use with your self-hypnosis so it will be placed deeply in your subconscious mind and begin to attract all your dreams and desires.

Before you begin this process please download and print the PDF's titled;

- 1) "Personal Power Affirmation Boxes"
- 2) "Personal Power Affirmation Boxes with Numbers"

from the resources section. And have your completed "List of Desires and Desired Changes" with you, which should look like the example provided "Desired List of Changes Example". Please download and print this example as well so you can refer to it during this process. So please pause this video and do that now before we start.

So now you have your List of Desires and Desired Changes, and you have numbered each desire and change sequentially as in this example. Then it is time to begin to create your Personal Power Affirmation out of your List of Desires and Desired Changes. To do this you will be looking over your list and trying to find any similar statements so you can group these similar statements into a box. You will be using the printed PDF titled "Personal Power Affirmation Boxes" to do this so please get this now.

You will find as you look over your list you see certain statements that have a similar feeling or meaning to others. I want you to find these similar statements and by number put them in the boxes provided. The easiest way is to start at number 1 at the top of your list and see if your first statement relates to any others going down the entire list. Place all of the numbers that relate to this statement in one box. Then move to the next statement or desire which is different and find similar statements then put them into the next box by their corresponding number. Continue this process until you have all of your desires and desired changes listed by number in one of the boxes.

So for example, using the example list I have provided for you starting with number 29 "I want to stop being tired when I get home from work". Looking down the list one at a time until you see something similar, in this example first one which is similar is number 36 "I want to stop feeling so clogged up and unhealthy" as being

similar so I would put number 29 in the first box followed by a comma and then 36. I would also say number 38 "I want to have a job that is more compatible with my own inner nature" as also going in this box as it relates to work and is probably a reason why they are feeling tired when they come home. But this is just my view you may see it differently and that is okay. There are no right or wrong answers this is totally your process so whatever you choose to be similar and makes sense to you, is correct.

So once you have completed all of the similar statements to the first one and placed all their numbers in one box, move on to the next number down the list if it was not similar to the first one, and place it in the next box, in this example it would be number 30 "I want to feel satisfied inside with what I do and who I am". Moving down the list, excluding any of the statements I have already placed in a box, I can see quite a few similarities to this statement such as number 31 "I want to stop being a failure" and number 32 "I want to be less worried". See if you can find more similarities in this list. And then you would place all of these numbers in the next box. Repeat this process until you have completed the whole list. Watch this video as many times as you wish until you are comfortable with this process.

You could practice this process on the example that I have provided, or if you understand the process please move on to your list and complete this process of placing all of your similar statements (by number) into a box. If you have any problems or questions about this process please don't hesitate to leave me a message or email me, I am more than happy to help.