

Creating Your Personal Power Affirmation Part 3

Now that you have named all of your boxes, the next part of the process is to reduce the number of boxes you have down to six. You will do this by combining any of the boxes that you think are similar in nature. Again this is totally up to you and there are no right or wrong answers. So look down your boxes and names now and see if you can find similar boxes by looking at the type of statements you have put in each box.

When you find two boxes that seem similar just draw an arrow from one box to the other. When you have six boxes left we will move on to the next part of the process.

In other words if you have nine boxes you want to decrease the number to six so you need to join up three boxes to three of your other boxes, by drawing arrows from one box to another, shown here in this example.

Once you have decreased your boxes to six then I want you to write down a name or title for each new box you have joined, taking in to account all of the statements in each of the boxes that you have joined together. Write these new names for each box on a clean piece of paper, write the words or names you have identified with each box from 1 to 6 down the page. Now you have a new list of names which would look like this is.

Please reduce the number of boxes you have to six and name or rename these six boxes now, and write them as a list on a new piece of paper.