

## **Creating Your Personal Power Affirmation Part 4**

When you have your six names on a new piece of paper, I want you to see if any of the words you have used are negative like fear of success or unhealthy. For each of the words or statements I want you to come up with a positive term. It doesn't have to just be the opposite if it is negative. For example if you had unhealthy the positive doesn't necessarily have to be healthy it could be full of vitality for example. These six words or phrases will be used in your Personal Power Affirmation.

To help you to see if any of your words are negative, I would like you to use something which is called the "More Test" created by Lindsay Yeates PHD. The more test is where you place the words "I want more" in front of the word or phrase that you want to use in your affirmation. For example I want to be more joyful or I want to be more successful. Say the statement out loud to yourself and then see how these statements feel. If they feel good to you then this is a word that you want to use in your Personal Power Affirmation. If this statement doesn't feel good for example you have your box named "less worry" or "less fear". Using the more test this would become I want more worry or I want more fear, which obviously doesn't feel good. So you need to change these names to something that does work in the more test which might be something like calm or confident. The idea of the more test is to make sure that the words or terms we end up with are completely positive and feel good.

At this stage you can change the words to any positive term you like using the More Test to make sure that it is the right word. Again remember this is your process yours to do with whatever you choose. What I want you to be aware of is that these six words which you will use in your Personal Power Affirmation will completely cover your whole list of your desires and desired changes. Isn't that exciting!

Please write your list of positive words or terms which you will use in your Personal Power Affirmation now.