



Situation	Your Affirmation	Key Elements	Type of Elements
Melanie is often late for work. She feels guilty and knows that her boss is beginning to notice.			Personal
			Action
			Specific
			Emotional
Juanita has ongoing transportation problems that she would like to be able to solve.			Personal
			Action
			Specific
			Emotional
Maurice gets so nervous before making presentations that he "blows it" at meetings. He wants to do well.			Personal
			Action
			Specific
			Emotional
Kurt has been concerned about his home loan. He feels very frustrated and worried.			Personal
			Action
			Specific
			Emotional

Notes



Affirming Success Continued

You will do the same thing that a good mentor did: cause you to envision yourself into the future, as though you already are that person, have that attribute, that characteristic or quality, that attitude you choose to possess.

You are no longer dependent on the mentor. You need to take charge and not wait for a great mentor to come around and help you grow. You grow where you choose to grow, using this technique. Too often people see the way they are now and think, "That's it, I can't change." They could not be more wrong. Instead of straightening the picture, you are going to straighten the way you live inside yourself. What you are learning to do with this whole process is to create the appetite for your own learning, the appetite for your own growth. You will become passionate about your growth. This is a wonderful process, and it is the same fundamental process for change in an organization or a person.

You decide on areas where you might want to grow, where you have potential. It could be with your family, your income, or some form of your behavior that you are not pleased with. I want you to select many areas of your life, not just one. You are a whole person, not compartmentalized, and it won't do you any good just to grow in one area. I want you to grow as a full person: spiritually, emotionally, as a leader, or whatever is important to you as a whole person, the kind of person you choose to be. Select many areas where you want to grow, and do them all at the same time. You are very capable of doing so.

Most important of these are the inside changes in you, to develop your inner strength, your self-efficacy. It doesn't do any good to start goal-setting for outside stuff, like your income, if you don't grow on the inside. You are already about as good as you are, and your life is about as good as your self-image. You must change the inside in order to create a better world for yourself outside. For every goal, every area where you want to grow, I want you to write out an affirmation statement in one sentence. That one sentence statement needs to be the way you choose to be, as though you already are. So, if you have a bad temper, you would write an affirmation, "I remain calm and poised whenever the kids dump their milk on the floor." Right now, that is not true. Remember, you describe yourself as you choose to be, before you ever are.