

Unit 4.2 First-Person Affirmations

OVERVIEW

We often think that we can change merely by observing another person. Unfortunately, that's not the case. Unless you identify with the other person—unless you can see yourself as that other person—you will not change.

In order to really improve yourself and your life, you need what is called “first-person, present-tense imagery.” That means exactly what it sounds like: imagery that is of you, in the here and now. It's the only kind of imagery that will alter your view of reality. And it's also the way that you need to write your affirmations: in the first person, and in the present tense.

There's a reason for this. If you try to live your life in the third-person—if you try to improve only by watching others—it's like your watching a ballgame as a spectator. What happens when you do improve yourself in this way? You simply become a better spectator. What you need to do is see yourself on the field playing, to be in the middle of the action, in the eye of the storm.

How does that happen? Quite simply, you need to learn to write your goals, your desired changes, and your affirmations in such a way that, when you visualize a goal, you see yourself—and not someone else—accomplishing it. When you do that, it triggers the necessary first-person imagery in your mind. And that is the key to your success.

UNIT QUESTIONS / EXERCISES

1. Try to recall a time when you learned something simply by watching another person. Did you turn out to be very good at it? Or did you get good only by practicing? Share your answers with your coach and/or the group.

2. What might keep you from trying to see your success in the first person? How can you overcome these barriers? Discuss your answers with your coach and/or the group.

3. Think about how this applies to your work relationship at John L. Scott. How can an organization see itself in the first person? How can the individuals within the organization contribute to this first-person, present-tense perception? Discuss your answers with the group.
