

Unit 4.5 Imprinting Affirmations

OVERVIEW

Have you ever tried to write on a piece of plastic? Often, the words will show up for a few seconds, but then they either fade or else are easily rubbed off. Even if you write with a great deal of force, the ink will usually disappear, leaving only faint indentations whose meaning quickly slips away.

An unreceptive mind will treat even the best affirmations in the same way. The positive, motivating thoughts may stay with you for a few hours, but they quickly fade. Only if your mind is truly receptive will the affirmations remain with you—and only then if you succeed in imprinting them on your minds.

You've no doubt seen plastic on which words have been printed, and the words remain vivid and visible for years. They stay this way because they have been imprinted using a special process. As it happens, imprinting affirmations on your mind requires a special process as well.

First, you need to read the words of your affirmations aloud. Close your eyes and visualize the image that these words trigger, and then clearly and vividly picture the result that you want to achieve. Make sure that it isn't just an observed picture, but one that you are actually experiencing. Finally, feel the emotion in the scene, as if it were happening to you right now.

UNIT QUESTIONS / EXERCISES

1. Have every member of your group write a brief affirmation. When all of you are finished, have each member quickly read what they have written. Do something else for ten minutes. Then have each person try to write down all of the affirmations they have heard. Share your answers with your coach and/or the group.

2. Do the same thing as before, except this time—when the affirmations are read—pause for a moment or two to visualize the scene and feel the emotion. When you try to write down the affirmations a few minutes later, do they come back to mind more easily than before? Discuss your answers with your coach and/or the group.

3. Think about how this applies to your work relationship at John L. Scott. Write an affirmation for your organization or group. Read the affirmation aloud. Then have each member of the group paint a word-picture of what he or she sees. Discuss your answers and describe how you might make the images even more vivid.
