

It is ____ (choose a day 12 months from today, or a date that is important for you like your birthday.) and I, ____ (state your full name here and an empowering name example Jon doe the force of nature), am so happy and grateful now that I am receiving at least \$ ____ per month. (If you're major purpose is something other than a financial goal then state that here but bear in mind, that most goals require \$\$) from my (state your business, company name here). As Result....(example I buy and sell massive product or I achieve massive success. Make it your own), I easily and effortlessly accomplish my daily task which include (STEP TWO: state the activities, tasks, actions that are essential for you to achieve your goal example : 5am wake, completing an action list daily..ect). I experience joy each day knowing that what I'm doing is being of service to others and to myself.

I weigh (place you're the weight you want to be at along with body fat percentage, days per week you want to exercise and type of diet! Be specific) and you can include the measurements you like to be for example: I am enjoying the outstanding pleasure of being a size 4 pants, a lean fit, famine

My partner and I are a power couple or I have an amazing partner who I love... (If you are married put your spouse's name instead of the word partner. This is also where you put the traits of your partner that you want to manifest in your life. Even if you're not in a relationship place here the type of person you want to attract be specific)

I am a _____, _____, _____ (insert at least 3 limiting belief opposites or personality characteristics that you want to adopt or improve on. So if you are more of a person that needs structure , choose words like "I am disciplined, responsible, organized, laser focused, scheduled, and punctual leader who completes all my tasks." If you are more of an analytical type choose words like "I am a wild, sexy, spontaneous and reckless leader of action and results." If you are a controller type choose words like "I am a loving, patient, vulnerable and compassionate leader." And if you are a supporter type (always doing for others) choose words like "I am a worthy, deserving, and powerful leader of personal results." As a result of my genuine effort, I am now experiencing unparalleled ____ (choose emotional words like, time freedom, freedom, ecstasy, excitement, gratitude, abundance, peace of mind, personal fulfillment etc.) I am a master of my emotions and open to receive all that is given to me and more

As a result of my genuine effort I am now experience a constant beautiful state....(list at least 3 types of beautiful states examples: Gratitude, Love, Motivation, creativity, and ect...)

I am enjoying the unbelievable pleasure of (driving my new car, my new boat, my new Jet Ski, my new house, my new live-in maid, my new cleaning lady, list here at least 3 rewards that you will get from achieving your goal. List some rewards for yourself and some for others.)

I am now envisioning daily, planning and organizing my plan ____ (this step is optional however it can be very POWERFUL! This can be part of your VISION beyond the one year goal, for example a net worth of \$10 million, and to live a life that is unparalleled in abundance, health, excitement, travel, adventure, financial independence and love.) Thank you God for it is done or As I proclaim it is done ! (Invoke a higher power)

Signed: _____ Date: _____ (important you sign for this is a contract with yourself.)

Self-Confidence Formula:

First: I know that I have the ability to achieve the object of my Definite Purpose in life, therefore, I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

Second: I know the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, I concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.

Third: I know through the principle of auto-suggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it, therefore, I devote ten minutes daily to demanding of myself the development of SELF-CONFIDENCE.

Fourth: I have clearly written down a description of my DEFINITE CHIEF AIM in life, and I will never stop trying, until I have developed sufficient self-confidence for its attainment.

Fifth: I fully realize that no wealth or position can long endure, unless built upon truth and justice, therefore, I engage only in transactions that benefit all whom it affects. I succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I induce others to serve me, because of my willingness to serve others. I eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I cause others to believe in me, because I believe in them, and in myself.

I sign my name to this formula, commit it to memory, and repeat it aloud twice a day, with full FAITH that it is continually influencing my THOUGHTS and ACTIONS affirming that I am a self-reliant and successful (winner, salesperson, businessman, person, 5 star diamond, etc.). Thank you God for it is done!

Signed: _____ Date: _____