

REVIEW OF CONSCIOUS CREATIVE LANGUAGE (THE LANGUAGE OF MASTERY)

Coach yourself

Move from right/wrong and good/bad into Highest Choice

Be fully and completely present

Remember specificity brings up feelings

Words spoken with feelings and specificity = manifestation

♥ Speak from your heart ♥

Explore the first words that come to you, they have truth in them

Remember choice is always available

Instead of moving away from something, move toward something

Instead of stating what is not, state what is

In your speaking: be first person, personal, here and now

Have ownership

Be honest, empowering, connected and unified

Speak and think only that which you choose to have come into reality now and continuously

"Cancel/clear", and "in the past", help clean the slate

Always leave on the "screen" your Highest Choice

Be a committed listening to yourself and others

Thoughts, words, and emotions create our reality

"Decree a thing thus, and it shall be established unto you."

"By your words you shall be justified and by your words you shall be condemned."

"In the beginning was the word. The word was with God and the word was God."

Every word we speak is a prayer coming into reality. Speaking is self-fulfilling prophecy.

EXAMPLES OF THE LANGUAGE OF SELF-SABOTAGE

I want	I would
I need	I could
I should	I might
I hope	I wish
I must (compulsion)	In order to
I have to (compulsion)	So that
I've got to (compulsion)	If all else falls
I can't	At least
I don't know	Won't it
It's hard	Isn't it
Try	Doesn't it
But	Wouldn't you
However	Can't you
Kind of	Didn't you
Almost	If/then
Probably	When/then
Perhaps	I feel that
Decide	I feel you did
Always/Never	Shouldn't you

EXAMPLES OF THE LANGUAGE OF MASTERY

I CAN
I AM
I WILL
I CHOOOE
I HAVE
I LOVE
I CREATE
I ENJOY

The DOMAINS OF LANGUAGE from *The Language of MASTERY*

LIMITATION AND NO CHOICE

I want
I can't
It's too hard
I don't know how

I come up with a blank
I run into a wall
I'm blocked
I'm numb

It's beyond my control
It's out of my reach
I don't understand
I need

NON-CHOICE

I choose to not . . .
. . . to not struggle.
. . . to not be sad.
. . . to not be poor.

I choose to not . . .
. . . to not be fat.
. . . to not do that again.
. . . to not forget.

I choose to:
lose weight
stop struggling.
quit smoking.
never do that again

INEFFECTIVE CHOICE

. . . try to do good
. . . hope it will work
. . . intend to improve

. . . attempt to change
. . . have it happen, I think
. . . perhaps I can do it
. . . kind of make it

. . . possibly do it
. . . almost have it
. . . I would like to choose

ABSOLUTES AND GRANDIOSITIES

. . . help everyone
. . . always be better
. . . better in everything

. . . complete
transformation
. . . totally improve
. . . absolutely get it

. . . perfectly obtained
. . . the best I can do
. . . giving it my all

CONDITIONAL CHOICES

I choose to be good so that I will be loved.
I'm going to look smart to be accepted.
I'm committed to success in order to have
my dad love me.

I like to smile so others will like me.
I'm going to join a fraternity because it will
make me look popular.

THIS, THAT, THESE, THEM, THEY, THOSE, IT, THE

I choose:
to have the son I've
always hoped for.
to be that friend.

I choose:
to share these gifts.
to receive this help.
the help of those friends.

I choose:
love from them.
the support they are.
to have it for my
relationship.

CANCELLATION

You did a good job, however
I'm excited, but
I love it, although
Won't it be great?

Doesn't it look excellent?
Isn't it beautiful?
Shouldn't you come early?
Can't you help?

Wouldn't you like to go?
Didn't you love it?
Don't you enjoy that?

PROCESS WITHOUT OUTCOME

... change my life ...
... do it differently ...
... adjust my income ...
... alter my plan ...

... transform my
relationship ...
I'm in the process of
therapy ...

... working on it ...
... dealing with it ...
... it's starting to make a
difference ...

CO-DEPENDENCE

I am happy if you're happy
You make me angry when you do that.
It's my parent's fault that I have problems
with intimacy.
I hope I can make you happy.

I couldn't go to college because I had to
raise my children.
Let me go to the bathroom.
Let me think.
I've go to resolve this so you'll feel better.

SPECIFIC QUALITY WITHOUT PERSONAL CONNECTION

I choose ...
... love
... support
... happiness

... joy
... victory
... empowerment

... completion
... prosperity
... consciousness

OUTCOME, ALMOST

... love with father happiness with spouse empower myself ...
... support from employer increase my income 10% heal the disease ...

CREATIVITY AND OUTCOME

I have love
I am loved
I come from having ...
I empower myself to have

I claim ...
I imagine having
I give myself permission to have
I appreciate having ...