



BE DECISIVE : MANIFESTATION EXERCISES

THESE PHYSIOLOGICAL ACTIONS ARE TO BE PERFORMED EVERY FRIDAY

THINK

VISUALIZATION

As I place both my hands on my heart, I internalize this thought, visualizing it until it becomes one of my controlling beliefs...

I am optimistic and confident in all that I do. I affirm only the best for myself and others. I am a dynamic performer in this world.

SPEAK

DECLARATION

As I place my fingertips on my temples, I declare these words out loud with fervent passion to invoke this declaration as my reality...

I am decisive in performing my actions today and every day, thereby manifesting successful results in all areas of my life.

ACT

PERFORMANCE

As I pump my clenched fists in the air — saying “yes, yes, yes” — I commit to perform this action today to manifest the results I seek...

Today I will perform at least one dynamic action related to my life's ultimate purpose, bringing me ever closer to the successful outcome I seek.