



Your Words Matter

The thoughts you think, words you speak and even those private conversations you have with yourself may seem innocuous, however they actually impact your life in a profound way. These are in fact the ways in which you create your life.



Your subconscious mind is so attentive that it registers all of your thoughts and words and transmits that information to your Inner Presence, who then aligns you with what it is that you're focusing on.



If you're in the habit of thinking negative thoughts about yourself and the world, your Inner Presence ensure that your experience of



the world matches those thoughts and feelings. You attract that which you give your attention to. This is your “freewill” in action. Your subconscious mind and Inner Presence work to give you whatever you focus on with enough intensity.

If you take an honest, thorough look at the circumstances of your life and the connection to the beliefs, words and thoughts you entertain, you’ll undoubtedly find one. Your life is not happening to you. It is happening *for* you. The quickest way to make real and lasting change is to change the way you think and feel about yourself.

Try this exercise for an embodied understanding of the power of your words and thoughts.



Make a list of your 10 best qualities or aspects of your life that you feel really good about.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Take a moment to notice how you felt while you were writing the list. Did you feel any particular sensations in your body? Did you feel different energetically? Write the details here:



Now, make a list of ten things you'd like to improve about yourself or your life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Take a moment to notice how you felt while you were writing this list. Did you feel any particular sensations in your body? Did you feel different energetically? Give details below:



Did your list of things you'd like to improve contain parts of your life that you're not satisfied with or did you fill it with things you're already good at and want to get even better at?

The point of this exercise is to demonstrate the power of focusing on what's going right in your life. Conversely, it's a powerful demonstration of how focusing on what's not going so well is energetically depleting.

Research has proven that when you focus on what's working, the parts of your life that need improvement naturally begin to improve as well.

On a score of 1-10, if you would give your relationship a 10, imagine what it would be like at 11 or 12 or even 20. This expands your thinking right out of the box you previously thought from. When you expand your thinking, every aspect of your life grows and often, aspects that didn't feel so good before naturally move into a more evolved place.

While we aren't suggesting that you ignore something in your life that is unhealthy or toxic and want to change or release, we do want you to understand this principle of the power of the quality



of your attention on the quality of your life. You are the master of your life. What you focus on creates your reality. You are the only one who has the ability to change the quality of your life. The way you do it is by understanding that you the nature of your thinking has a very real impact on your life, regardless of the external world circumstances. If you develop the habit of always looking for the way in which events are for you, you will have a very solid beginning in positive transformation that will make you feel like your life is humming along in harmony and flow.