

INSPIRATION

Who inspires you in your life?

What are their qualities that stand out in your mind?

What would they tell you to help you with your challenge or change?

What could you say to someone else that would encourage them to move through a difficult situation?

Create a power statement to help you make the change you want. Make it simple and direct. The subconscious is a very literal part of us, so be very specific with your words. For example: I am a non-smoker; I am taking action toward my goal; I am strong.
