

POSITIVE OUTCOME WORDS

Better words can give you a better outcome

How you talk to yourself about what you want impacts your success. How you talk to yourself is Self-Hypnosis. If you're not moving forward as smoothly as you'd like, check the words you're using to talk about or even think about your goals and decisions.

3-Step Process

1. Choose your goal. Enter it in the goal statement space below.
2. Make 10 sentences using each of the 10 words in the first blank of the statement.
3. Score your resonance with each sentence on a scale of 1-10 with 10 feeling the best.

I _____ to (goal statement).

1. I'd **LIKE** to _____.
2. I **WANT** to _____.
3. I **CAN** _____.
4. I **NEED** to _____.
5. I **HAVE** to _____.
6. I **MUST** _____.
7. I **SHOULD** _____.
8. I **WILL** _____.
9. I **DO** _____.
10. I **AM** _____.

Your reaction to these words is unique to you!

The highest-ranking words are the ones that work best for you to achieve automatic cooperation from the subconscious mind.

Avoid the words in your self-talk that rank the lowest. They do not resonate success for you.

Build your self-talk using the words that do motivate you to succeed. Repeat often!