

**Affirmation to state out loud before going to bed.**

I am grateful that I'm getting X hours of sleep tonight. My mind and body are capable of extraordinary things, such as generating an abundance of energy from X hours of sleep. I know that my mindset influences my biology, thus I choose to wake up tomorrow feeling energised and excited.

## **Silence**

Decreases stress & anxiety while increasing happiness & focus.

### **Emotional Optimisation Meditation:**

1. What mental/emotional state will best serve you? What internal state will enable you to be most effective with the day's tasks? Is there anything you need to let go of?
2. Focus on your breath and calm your mind. Perform breath meditation.
3. Direct your attention towards generating your chosen mental/emotional state. Fill your mind with aligning thoughts, images, affirmations, experiences, visualisations, so forth. Align your breathing, body posture, and facial expressions with your chosen mental/emotional state.

## **Affirmations**

Improve self-esteem and self-confidence.

### **Flaws:**

1. Lying doesn't work. "I am a millionaire." No you aren't.
2. Passive language doesn't produce meaningful results. "I am a money magnet." No you aren't.

### **What works:**

1. Affirm what you're committed to.

“I am committed to \_\_\_\_\_ no matter what. There is no other option.”

2. Affirm why it's important to you.

Write down a list.

“I am committed to \_\_\_\_\_ for/because.” Then list the compelling reasons.

3. Affirm which actions you will take and when.

“To ensure that I follow through with my commitment I will implement the following actions at these specific times/frequencies.” Then list what you will do and when you will do it.

### **Implementation:**

1. You are free to create other forms of affirmations.

2. Update affirmations as needed.

3. Read them daily. Recite them with emotion. Use Emotional Optimisation Meditation to get in the right frame of mind.

## **Visualization**

Rehearse in your mind performing at your best.

1. Prepare your mindset.

See and feel what it will be like. Mentally rehearse yourself taking the necessary actions. Put yourself into a peak emotional state.

2. Visualise your ideal outcome.

Make it as vivid as possible. Involve all six senses. See and experience yourself accomplishing that which you are striving for.

3. Visualise taking the necessary action while in an optimal emotional state.

What actions must you take to get what you want? Rehearse yourself taking those actions. See yourself engaged in what must be done and enjoying yourself as you do it. Experience the feelings, mental, and emotional states that will bring you success.

## **Exercise**

Increase energy and physical well-being.

Do some. Fuck this is easy shit.

## **Reading**

Learn how to change any area of your life.

Read a fucking book that relates to what you want to achieve. Memes on InstaThot don't count.

## **Scribing**

Reflect, track progress, & cultivate gratitude.

Could be brainstorming, setting goals, making a list, clarifying priorities, so forth.

Write something down on paper. Don't be a fucking fag.