



Today's Quote:

"You must give birth to your images. They are the future waiting to be born."

-Rainer Maria Rilke



True contentment comes when we are able to be satisfied, independent of anyone or anything else.

Satisfaction based on a declaration is unconditional and represents our highest possible energetic level.

Self-Talk

By Ralph Simone

Could you ever imagine paying for a motivational audio program where the speaker told you that you "weren't any good and would never amount to much?" What would you think? How would you feel about paying for this type of "help"? Yet sometimes we pay dearly for this type of advice through our own disempowering self talk. Instead we want to create a motivational track that guides us toward our intended greatness. We want to fill our motivational program with a combination of **affirmations** and **declarations** that align our path with that of the universal energy.

An **affirmation** is written or spoken in the first person, present tense, and is positive in nature. It is a reminder to ourselves of who we are and serves as an invitation to enter into our greatness. Some examples of affirmations include:

- I have all the time I need to work on what is important.
- I am comfortable building lasting relationships.
- I am letting go and enjoying every moment.
- I am happy and feeling very positive about my career and my life.

What we think about expands; therefore the theory is to think about what we want to have happen in our lives – not what we don't want to have happen.

A **declaration** is an utterance in which someone with authority to do so brings something into being that wasn't there before. For example:

- I am completely satisfied with where I am in life.
- I will forgive anyone and everyone for perceived transgressions.

True contentment comes when we are able to be satisfied, independent of anyone or anything else. Satisfaction is generally considered an assertion, or related to physical forms and circumstances. This results in a "victim" mentality, opposed to the very nature of human beings. Satisfaction based on a declaration is a function of nothing and is related to nothing. It is unconditional and represents our highest possible energetic level.

Leadership Practice:

(1) Develop two exercises geared toward returning you to Nothing. Have the exercises contribute to your ability to make declarations without reference to anything.

(2) Pay attention to your "self talk" over the next two weeks and notice when it is empowering and disempowering. When it is disempowering, ask yourself – "is this true?" Then replace this disempowering self talk with an affirmation or declaration.

Productivity Leadership Systems L.L.C.
PO Box 2485, Syracuse, NY 13220-2485
www.productivityleader.com
Tel: (888)-705-9275

Please feel free to forward this email to anyone who may be interested in leadership insights.

If you wish to stop receiving this to this newsletter, please send a blank email to unsubscribe@productivityleader.com with the word UNSUBSCRIBE in the subject line.