

Solid Inner Game

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have. I have this in a word document that I print out and try to read daily. Putting it in the bathroom is a good idea, because you have to see that all the time. I have things on there like this awesome list from Wayne Dyer.

It will be difficult.

I have the ability to accomplish any task that I set my mind to with ease and comfort.

It's going to be risky.

Being myself involved no risk. It is my ultimate truth and I live my life fearlessly.

It will take a long time.

I have infinite patience when it comes to fulfilling my destiny.

There will be family drama.

Id rather be loathed for who I am, then loved for who I am not.

I don't deserve it.

I am a divine creation, a piece of god. How could I be undeserving? How could God create something that doesn't deserve everything?

It's not my nature.

My essential nature is perfect and thoughtless. It is this nature that I return to.

I can't afford it.

I am connected to an unlimited source of abundance.

No one will help me.

The right circumstances and the right people are already here, and will show up on time.

It never happened before.

I am open and willing to attract all that I desire beginning here and now.

I am not strong enough.

I have access to unlimited assistance. My strength comes from my connection to my source.

I'm not smart enough.

I'm a creation of a divine mind. All is perfect and I am a genius in my own right.

I am too old or not old enough.

I am an infinite being, the age of my body has no bearing on what I do or who I am.

The rules won't let me.

I live my life according to the divine rules.

It's too big.

I think only about what I can do now, by thinking small I can accomplish great things.

I don't have enough energy.

I feel passionately about my life. This passionate feeling allows me to move on and gives me energy.

It's my personal family history.

I live in the present moment while being grateful for all my past experiences as a child

I'm too busy.

As I unclutter my life, I answer the calling of my soul.

I am too scared.

I can accomplish anything that I put my mind to, because I know that I am not alone.

Lists.

I keep my lists in my phone in a notepad app. I have lists like shopping, to do, look into, and workout schedules. I also always have a word document or two open on my computer that I take notes on almost everything I go through.

completely. Especially negative self-talk that is often bullshit. Your mind will make up an excuse to not do anything that puts you out of your comfort zone. Your mind is trying to protect you at all times, but what often happens is you miss out on some greater things.

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