

Positivity Power Worksheet

Use this worksheet to write your own personal "Positives" and keep track of your daily practice.

Take out your DREAMS List and look for specific dreams and goals in the categories mentioned below. Then write a Positivity for each of your dreams/goals.

Here are some simple tips for writing effective Positives:

- **Write your Positivity in present-tense, as if you have already accomplished your goal.**
(ex: Don't say, "I going to have or I will be"... say, "I have or I am.")
- **Use only positive statements.**
(ex: If you want to quit smoking, don't say, "I quit smoking"... instead say, "I enjoy a healthy lifestyle with only healthy habits.")
- **When creating a specific outcome like finding the right home, career or relationship, use words like "the perfect"... the "divine plan"... or "its equivalent or better".**
(ex: If you think you've found the perfect home... but someone is living in it... you would never want to try and take another's home (or car, husband, wife, etc) so you can use the statements like these to be sure you only get what is best for you.

Here are a few of the areas most people focus on when writing Positives. Use these areas as a starting point for writing your own Positives. (Remember to review your Dreams List for ideas!)

Creating the Perfect Day & Embracing Prosperity : _____

Creating a Healthy, Vibrant Lifestyle and Body: _____

Creating the Perfect Relationships: _____

Manifesting the "Fun" Stuff (cars, trips, houses, etc): _____

Creating Financial Increase, Finding the Perfect Career and Living "On-Purpose": _____

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Daily Check-Up

Use this worksheet to keep track of your daily practice of repeating your Positives every day!

Use the chart to check-off your daily reading/listening of Positives. There are also additional blank spaces that you can use to write in other daily practices to keep track of— like reading your Dreams List, Visualization, reading or listening to positive material, etc.

THE WEEK OF: _____					
	Morning	Evenings			
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

THE WEEK OF: _____					
	Morning	Evenings			
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

THE WEEK OF: _____					
	Morning	Evenings			
SUNDAY					
MONDAY					
TUESDAY					
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THURSDAY					
FRIDAY					
SATURDAY					