

Write Your New Story, Live Your Best Life

Power Practices to Bring Your New Story to Life

The Yes! List

The Yes! List is an ongoing list you maintain of anything and everything you experience - right now in your life - which reflects, matches or in some way aligns with elements of your new story. Its purpose is to:

- Help you realize that the life you're creating isn't in the future; it is unfolding *from within you*, right now. It is an ongoing reflection of who you are and who you are becoming.
- Support you in focusing on what you want, rather than focusing on what is missing. Remember, what you focus on is what expands in your life.
- Give you opportunities to appreciate and celebrate the beautiful life you are creating! To open you to joy right now.

More about the Yes! List...

I call it the Yes! List because it is meant to capture experiences about which you can say, *with feeling*, "Yes! This is what I want more of in my life and it's already happening now."

I encourage you to add to the list daily, if at all possible, at least for a month or two to get you in the habit of acknowledging how much is already aligned with who you are becoming. If you can't maintain a daily list, commit to capturing your "Yes!" experiences on at least a weekly basis.

Examples of entries to your Yes! List:

- *Supporting a new prosperity story* - "After paying all of my bills this month, I still have money left in my account. That means I have *more than enough* money to cover my needs, right now. Yes!"
- *Supporting a new story about the creation or finding of work you love* - "I was asked to participate on a special team for a project that really excites me. This is the kind of work I want more of... Yes!"
- *Supporting a new story about creating vibrant health* - "When I got home from my dance class last evening I felt so vibrant and alive. Yes!"

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Self-Appreciation

Self-appreciation is an intention you hold to look for, and fully acknowledge, your many wonderful qualities and abilities.

The purpose of self-appreciation is to:

- Support you in cultivating genuine, healthy self-love.
- Help you counter what may be your usual tendency to doubt or criticize yourself.
- Help you *feel* empowered and worthy of creating a life you love.

More about self-appreciation...

The differences between self-appreciation and the *Yes!* List are:

- Self-appreciation is not limited to experiences that relate specifically to your new story. Your new story could be about finding work you love, but self-appreciation can be bestowed in *any* area of your life!
- Self-appreciation includes a distinct focus on your qualities and abilities – your creative power – rather than simply being a list of good things that are happening.

I encourage you to make self-appreciation a regular habit throughout your day, but of course writing down what you appreciate is a great way to ingrain the habit. Feel free to enter your self-appreciation notes on your *Yes!* List. Just be sure that your list specifically includes both types of acknowledgment!

Examples of self-appreciation:

- “I handled that difficult conversation with my boss really well yesterday. I stayed calm and respectful and got my points across.”
- “I love the outfit I put together today. I think it expresses my sense of style and color in an original way.”
- “I’ve been sleeping really well and I think it’s because I’ve honored my commitment to meditate before bedtime. I feel really good about that.”

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Anchor Statements

Anchor statements are reminders of the *deeper truth* about you or a situation you're in. They reflect the most compassionate, comforting, supportive or inspired perspective you can hold. Their primary purpose is to:

- Help you fully embrace your new story by anchoring your focus in it throughout the day.

An anchor statement is not something you're trying to *convince* yourself is true; it's something you already know or believe is true (or something you're *genuinely willing* to believe is true), in those moments when you're feeling at peace within yourself. It's what you know in your heart of hearts.

More about anchor statements...

Anchor statements are what you call on when you find yourself drifting back to your old story. Once you become aware that you're thinking about yourself, or what is possible for you to create, in the old way - PAUSE. Take a deep breath, then say one of your anchor statements to yourself (either silently or out loud).

In the absence of having an anchor statement into which you can invest your attention, it's easy for the old story to come alive again. The old story is a habit; anchor statements help you create a new habit of thinking and feeling in alignment with your new story.

The best source of effective anchor statements for you *is* your new story. Find the sentences or phrases that resonate strongly with you, or create new ones based on your story that are clear and memorable and *shift how you feel about yourself as you think them*.

Examples of anchor statements:

- I am a wise and loving steward of money.
- My point of power is Now.
- What I focus on is what expands in my life, so I'm going to focus with love.