

Module 4

Every Day Statement

Meaningful Specifics contained in the Every Day Statement video.

- What you say to yourself propels you to take action.
- Write your personal Every Day Statement. It must have meaning to you.
- Remind yourself daily of your goals, aspirations, and purpose.
- Develop the habit of doing something every day that improves your life.
- Your Every Day Statement will help you push through indecision and procrastination.
- Every Day Statements reaffirm a healthy and positive mindset.
- Memorize and say your Every Day Statement.
- Repeat it often, especially when you do not feel like doing what you must.

Worksheet

Your Every Day Statement is a short statement that you say to yourself every day. Our minds move in the direction of our dominant thoughts. It is vital that you have a proper mindset to accomplish your daily tasks which will, in turn, permit your goals to be reached. When you achieve your goals, then your dreams will become reality. It all starts with having a statement that reinforces belief in yourself and in what you want to accomplish.

Your Every Day Statement must have meaning to you. It must be personal and you must look at yourself in the mirror, if possible, when you say it.

Examples of Every Day Statements

- “If not now, when? If not me, who?”
- “I can do this. I’ve done it before and I can do it again.”
- “Get going!”
- “Stop fooling around.”
- “Today, I’m going to change two people’s lives.”
- “I want my kids to be proud of me.”
- “Use the moments.”

Tips for success:

- Say your Every Day Statement out loud to yourself every morning.
- Repeat your Every Day Statement to yourself as often as you need to in order to stay motivated and focused on achieving your dreams.

Write your Every Day Statement and then add it to the Max App under Goals. Every time you visit the Training section of the Virtual Office you will see your Every Day Statement.