

Year _____ Month _____ Day _____ Consecutive Practice Days _____ Missed Days _____

Day 18

Gratitude:

Vision:

Future thinking in the present tense trains your brain to believe that you already possess the trait that you're attempting to foster. When you structure your Affirmation in such a way that you're expressing an emotional response to that trait, you will begin to rise to that expectation. You will acquire the trait because your brain doesn't want the conflict between what you believe and how you act. You'll begin to resolve this conflict by acting in alignment with your belief.

An easy way to practice this is by starting with how it would feel to possess your desired habit:

"I feel such a sense of pride that I _____"

Because we're attempting to get an emotional response to the trait you desire, we need to make sure we're stating the traits in a positive sense. Your brain is really good at a lot of things, but it really sucks at dismissing negativity. I think it's an evolutionary thing. Survival may be more likely if we pay attention to negative circumstances.





