Year	_ Month	Day	Consecutive Practice Days	Missed Days
Day 19				
Gratitude:				
Vision:				

Why do I recommend getting so emotional about all of this?

Harry Lorayne, master of memory, wisely taught us that the brain remembers things that are emotionally charged. Again we can see mechanisms at play on a biological level here- emotions cause electro-chemical responses that can assist in the brain's plasticity. In plain english, this means that you are more likely to remember things that have an emotional impact. (There may be exceptions in cases of extreme trauma, but I'm talking about normal day-to-day emotional responses, not extreme outliers.)

It's probably not true, but there's a story of Socrates teaching a young student a lesson, then suddenly slapping him in the face. The slap in the face was to invoke a strong emotional response to ensure that the student would always

remember that lesson. True or not, it certainly sounds effective. Hell, I even remember the story and I wasn't the one being slapped!

The point is that you can use your emotional responses as a valuable tool. You can learn to invoke these emotional states in response to things that haven't even happened yet. In fact, I'm willing to bet you've already done this many times. What do you think worry is? Worrying is an emotional response to something that hasn't happened yet (and often never happens).

All I'm suggesting is that you turn that around and practice using positive emotional responses to train your brain. Not just turning worry into hope, but even further, turning desires into belief. You will act in alignment with your integrated beliefs, so you better take charge of what you believe.

One way to foster belief is through experiencing an emotional response. So write out how it feels to be the person you want to be. Write it in such a way that you are experiencing what it's like to be that person. Practice trying to actually feel it as if it were already true.

It is.

These tools can set you up to become the person you want to be.

Daily:	Affirmations:			
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