

Let's talk about basing our decisions on solid beliefs.

Listen to the differences between these sentences:

I believe I can get through this. I have decided that I can get through this.

I believe I am a good mother. I have decided that I am a good mother.

I believe I can lose 10lbs. I have decided to lose 10lbs.

Do you see what a subtle, and yet powerful difference your words can make?

When you say "I believe..." you're espousing a belief about yourself, but you can take it a step further when you say "I have decided..."

"I believe" often reads as an open invitation to be persuaded otherwise, whereas "I've decided" has a sense of immobility and permanence, as though your decision is steadfast.

Remember, your decisions dictate the path you take. If your decisions are wobbly, you can't expect a straight road. The moment of transformation happens when you start to base your decisions on solid beliefs, and not the disempowering beliefs that no longer serve you.

AND YOUR ALIGNMENT ASSIGNMENT...

Take a piece of paper, and draw a line down the middle. On one side, list your "I believe" statements. On the other side, turn them into "I have decided" statements. Practice saying them to yourself regularly!