

WRITE YOURSELF INTO YOUR *Dreams*

25 of the Most Common Message Sets

1. Old Message: *There's not enough (time, resources, money, love).*
New Message: *I have all the (time, resources, money and love) I need.*
2. Old Message: *If I speak my truth, I'll be abandoned.*
New Message: *The truth brings me closer to those I love.*
3. Old Message: *The truth hurts.*
New Message: *The truth sets me free.*
4. Old Message: *I feel trapped in relationships.*
New Message: *My relationships give me even more freedom to be myself.*
5. Old Message: *Parenting is stressful and hard.*
New Message: *Parenting is a rewarding and joyful blessing.*
6. Old Message: *I'm all alone.*
New Message: *I'm Divinely loved and supported at all times.*
7. Old Message: *"Being" is a waste of time.*
New Message: *Being is a precious investment in my life.*
8. Old Message: *I have to figure everything out before I move forward.*
New Message: *I figure it out as I move forward—the next step always shows up.*

9. Old Message: *Other people have more power over me than I do.*

New Message: *Nothing is more powerful than my connection to myself.*

10. Old Message: *My desires are selfish.*

New Message: *The fulfillment of my desires is best for everyone.*

11. Old Message: *I have to prove that I'm worthy of love and success.*

New Message: *I am worthy of love and success simply for being alive.*

12. Old Message: *Men are selfish.*

New Message: *Men are generous.*

13. Old Message: *I don't have what it takes to be a leader.*

New Message: *I'm a natural leader—I have everything it takes.*

14. Old Message: *I have to compete for love and attention.*

New Message: *I'm loved simply for who I am.*

15. Old Message: *It's not safe to speak up.*

New Message: *I'm safest and most loved when I speak up.*

16. Old Message: *I have to stay in my place.*

New Message: *I'm destined to keep rising.*

17. Old Message: *I subconsciously come up with the reasons I can't.*

New Message: *I subconsciously come up with the reasons I can.*

18. Old Message: *I don't complete anything.*

New Message: *I complete the projects that are most important.*

19. Old Message: *It's impractical and foolish to follow my heart.*
New Message: *Following my heart is the wisest thing I can do.*

20. Old Message: *I have to struggle to do what I love.*
New Message: *I am richly rewarded for doing the work I love.*

21. Old Message: *I'm unsafe.*
New Message: *I'm Divinely protected at all times.*

22. Old Message: *True love happens at first sight.*
New Message: *True love takes time to grow.*

23. Old Message: *Money brings out the worst in people.*
New Message: *Money brings out the best in people.*

24. Old Message: *I'll lose myself if I succeed.*
New Message: *My success grows most by staying true to myself.*

25. Old Message: *Life is hard.*
New Message: *Life is easy and fun.*