



Creating a Declaration

A declaration created just for you serves as a reminder of what is ultimately important for both your short and long-term goals. It provides a way to tie in who you are today that fulfills your future goals. To start “trying on” your own declarations, go through the following steps:

1. Look at one domain from your goals (i.e., personal, health, career)
2. Read your vision out loud
3. Think about reoccurring themes throughout your goals that describe who you are, the life you wish to live, and the legacy you are creating
4. Reflect on the reactive listening you’ve been attuned to the past few months and think about what you require to give yourself full choice in your listening and speaking and to stay consistently above the line
5. Experiment with active verbs such as “I am,” “I allow,” “I choose,” “I give,” “I know.” Choose one that works for you and finish the sentence in a way that will remind you today of all that you are creating for your future
6. Speak your declaration out loud until it feels right.
7. Post-test your declaration: will it continue to inspire and guide you in the long-term? If yes, then you are there. If no, then work with a buddy. It is likely you need a different verb.

Create goals. Live possibility. Be happy.