



MANAGING THOUGHT[®]

PrioriTree™ Exercises from the Award-Winning Book and Audio Book by Mary J. Lore

Prioritree™ 6

is a short exercise to help you test your powerful statement.

Once you have written your powerful statement, test it by reading it aloud. Straighten your spine, exhale deeply, and then repeat the statement three times. Now reread the statement while breathing naturally and smiling.

Notice any thoughts that come to you as you are making the statement—thoughts that represent limiting beliefs or self-defeating statements. For each of these thoughts, think of the thoughts you could prefer to have, and write an additional powerful statement to replace these thoughts.

Again, notice how you feel. You may feel like crying. If you do, allow yourself to cry. A tremendous healing is in place. Then keep repeating the statement until you can do so without crying. Repeat your powerful statement until you can say it while smiling. If you find that you do not feel powerful as you vocalize your statement, then rewrite it until it feels comfortable. If you find that you feel like a victim, or sense that you are in a blaming or judgmental mode as you reread your statement, then rewrite it. If you find you feel burdened or forced; your eyebrows are furrowed, your neck, chest, and gut are tight; or your breaths are short as you reread your statement, rewrite it.

The trick is to relax, invoke the state of wonder, and let it come to you, let it flow. If your intentions are sincere and you are clear on the good that results from the fulfillment of your intentions, you will find that as you repeat your statement, you begin to feel a better way to word your powerful statement. As you progress in the fulfillment of your intention, this is particularly true. This knowing could come right away, in two hours, two days, two weeks, or more. It *will* come to you, and when it does, rewrite your powerful statement.

Be sincere in your intention. Be clear on the good that arises by fulfilling your intention. Say your powerful statement out loud. Breathe. Smile. See how you feel. See what comes to you. Rewrite your powerful statements. Write new powerful statements as you peel your onion.

The following are examples of some powerful statements that I have used.

POWERFUL STATEMENTS

I am happy.
 I am open and receptive. I seek to understand.
 I do my best in everything I do.
 I am thankful for all my blessings, all that I am, and all that I have.
 I am thankful for the contribution of countless others to my livelihood,
 my education, my dwelling, my sustenance, my well-being,
 and my success.
 I serve others to the best of my ability in all I say and do.
 I make the most of my time each and every day.
 I am a wonderful success in all of my undertakings.
 My work is a great contribution to others, and I am richly rewarded.



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I accept prosperity in my life and allow myself to have more than I can ever dream possible.

My prosperity prospers others; I send others thoughts of their increased prosperity.

Money flows freely in my life. I always have more money coming in than going out.

My money is a source of good for me and for others.

I attract to me only those things that bless and prosper me.

Energy flows freely in every area of my life. All my energy exchanges are positive.

I create things easily and effortlessly.

I change the world around me by changing myself.

I hold only constructive, powerful, and loving thoughts.

I am true to my word.

I feel strong and powerful as I take consistent action to accomplish my purpose.

I am willing to change and to grow. I am safe to create a new future.

Today is a new and wonderful day. I make the most of every moment.

I release all blame and accept the peace and joy of life.

I feel the joy of life as I use my power to benefit myself and others.

I love and trust the flow and the process of life. I am safe.

I lovingly release the past and turn my attention to this new day.

I love and approve of myself. I am at peace. I am calm. All is well.

I am filled with love, compassion, and forgiveness.

I forgive others. I forgive myself.

I love and enjoy life.

I love myself, my humanity, my divinity, and all my thoughts, feelings, emotions, and fears.

I bring love and a positive attitude to everything I do.

I demonstrate love in every action every day.

I acknowledge how far I've come.

I affirm my commitment to my higher purpose and my world service.

My higher purpose and world service are my highest priority.

I live a life of joy and aliveness, filled with loving relationships, peace, prosperity, abundance, and love.

I am in perfect health and the law of harmony operates in my mind, body, and soul.

I pray for lives of joy and aliveness, filled with loving relationships, peace, prosperity, abundance, love, and perfect health for my family, friends, colleagues, and all people everywhere.

I choose peace.

I choose prosperity.

I choose gratitude.

I choose service.

I choose balance.

I choose joy.

I choose kindness.

I choose openness and receptivity.

I choose creativity.

I choose expansiveness.



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I choose love.
 I choose forgiveness.
 I choose compassion.
 I choose greatness.
 I choose leadership.
 I choose truth.
 I choose abundance.
 I choose balance.
 I choose power.
 I now...
 I now practice...
 I wonder what I can...
 I wonder...

Practice makes permanent.

Practicing our powerful statements upon waking and before falling asleep, moves us toward the reality we want.

It is optimal to think, write, or state your powerful statement upon waking or before you fall asleep, when you and your brain are most open and receptive. Most of what we think, say, and do each day is a habit and is performed *unconsciously* and consciously. By repeating our powerful statements when we are open and receptive, we can bring what has become *unconscious* to awareness. By repeating our powerful statements throughout the day when we are in a state of mindfulness, we can rewire our habitual thinking and behavior. By repeating our powerful statements, we keep our powerful statements in focus. We then change what we say, feel, and experience. We make good choices and act and react in a way that moves us toward the reality we want.