



Develop the Winner's Mentality, (Xlibris, 2005)
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AFFIRMATION CHECKLIST → CREATING THE STORY

DATE: _____

PRESENT REALITY: _____

END-RESULT GOAL: _____

DATE TO BE ACCOMPLISHED: _____

3 P's + FEELAZATION®

1. _____ PERSONAL – Include *I* or *me*.
2. _____ POSITIVE – Describe *what you want* instead of what you don't want.
3. _____ PRESENT – Written like it's happening right now and it's achieved. *I am. I have. I do.*
4. _____ FEELAZIZE® – Add emotion. *Feel* exactly how you want to feel when it is achieved.

AFFIRMATION (Draft): _____

THE STORY

5. _____ What's the STORY? – Create the story supporting the goal. Make it come alive!

THE STORY: _____

NUTS & BOLTS

6. _____ ACTION – *See* yourself performing in an easy, anxiety free manner. Add to the STORY.
7. _____ REALISTIC – Can you *SEE* yourself achieving the goal?
8. _____ NO COMPARISONS – Picture your own change and growth.
9. _____ ESSENTIALIZE – Create the affirmation from the STORY. Make it specific & accurate.
10. _____ BALANCE – Coordinate well with goals you have in other areas of your life.

No conflicts – see Wheel of Life:

_____ Family	_____ Health	_____ Spiritual	_____ Relationship
_____ Career	_____ Recreation	_____ Education	_____ Other
_____ Financial	_____ Social	_____ Self	

11. _____ CONFIDENTIAL – Whom do you choose to share this affirmation with?

AFFIRMATION: _____
