



See it - Think it - Be it

This worksheet is designed to help you use Empoword's see it – think it – be it philosophy to set intentions, achieve goals and manifest dreams.

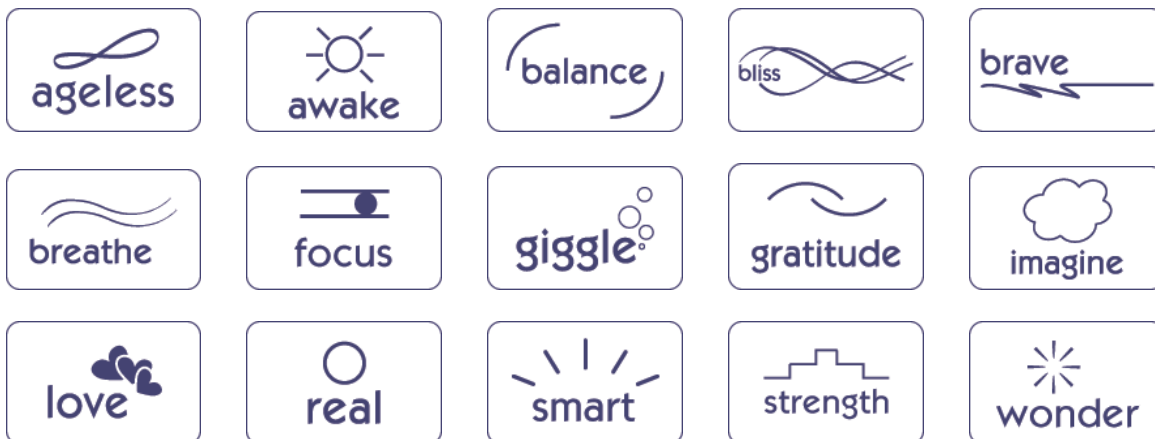
Decide it What do you want? Better health, less stress, to stick to your exercise program, more patience with the kids? Maybe a better relationship with your spouse, a new job, to run a 5K, a good night's sleep? To help your kids excel in school, manage fears, stay on task and get chores done?

Write it down. To avoid overwhelm and increase success, start with one or two intentions, goals or dreams. You can add more as you begin to accomplish these.

1)

2)

Pick it Choose a single word that represents your desired outcome. Circle it. This word will become your mantra – the affirming thought that you will think about over and over as you work to manifest your desire, goal or dream. If you don't see the word you want below write your word here:





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See it Every time you see the word, you will be reminded of your desired outcome. See that outcome in your mind's eye. Write down what the desired outcome looks like. Add details.

Think it Hold these positive images in your mind's eye for a few seconds. Think: this is happening. Notice how it feels when you think about your desired outcome. The brain does not distinguish between real images and imagined ones. It responds the same to both. (To learn more about the science behind Empoword visit: www.thinkempoword.com/science.html.) Write down what the desired outcome feels like. Add details.

Be it You are training your mind and body to respond to these feelings. From this, attitudes and behaviors begin to shift. Change manifests. Your thoughts are impacting your life. You are empowered and in charge. You are creating the life you want to have, becoming the person you want to be.



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You are using your words. Yes, it sounds simple. But we all know how hard it can be to change our behavior, even for the good. Empoword's products can help.

- Choose an Empoword product you will use or see often.
(www.thinkempoword.com/shop.html)
- Every time you see the word (your mantra!) on your - mug, water bottle, tee shirt, window cling – you will be reminded of your intentions, goals and dreams.
- Think about them actually happening. Instantly every cell in your body is impacted – bathed in a chemical reaction from the positive feelings those thoughts create.
- Empoword's deliberate color choices and carefully designed word-symbol pairings enhance the effectiveness of this exercise.

Try it See what happens.