



Own Your Creative Power

12 January 2022

Welcome 2022. I realise we are already over a week into the new year, however most people are only now getting back from holidays. I trust this will be a great year for you, and I hope I can help you make it so. I am going to have a theme for the year – which is something I haven't done before. My theme for 2022 is "Own your Creative Power".

Now what do I mean by this. You have within you (your human brain allows you to do this), the ability to create the circumstances in life you want. The human brain is amazing in that you can come up with a solution to almost any problem, and you can create almost any kind of life you want to. You can't have it tomorrow, it takes time. It may not be easy (actually it won't be easy) because you have limits and obstacles in your thinking and habits to overcome, but you can work on creating the life you want. Owning your creative power means taking responsibility for making the things you want to happen, actually happen. Not owning your power means acting like a victim. It means failing to use the incredible potential you have.

What are some examples of owning your creative power?

- Getting retrenched and finding a new opportunity that is much more in line with your values and interests and that really makes you happy.
- Realising you lack confidence and assertiveness, recognising you can learn to be confident and assertive, and taking steps to learn confidence and assertiveness.
- Having a serious health problem and taking the steps to manage your life, so your health problem doesn't stop you from living your life to the full.
- Being unhappy with your financial situation and taking steps to create the financial situation you have always dreamed of having.
- Being sick and tired of having someone around you who belittles and ridicules you and deciding to leave this person so you can go ahead and meet people who treat you much better.

One of the reasons I have decided on this theme for this year, is that the last two years have left us overwhelmed, and in many instances feeling victimised. The problem when you feel victimised is that you tend to stay there. I want you to start taking charge of your life, and to stop letting circumstances dictate how you feel and how you live. I want you to feel powerful and inspired to be whatever you want to be and to live the life you really want to live.

During the course of this year the newsletters will focus on helping you use your creative potential to have the life you want, be the person you want to be, and have the career and financial situation you desire. I will talk more about how to do this in the coming months. For now I want to give you a tool to start thinking like a powerful person. Below is a script which is taken from the upcoming course I will release at the end of January 2022 (Rewire your Brain to Thrive). We all have scripts. They are the stories or narratives that run through our heads about various situations we encounter. Often our scripts are disempowering or negative and serve only to make us scared for the future. You can learn new scripts (stories you tell yourself) that help you take charge of your life, see opportunities, and create the life you want.

Script for owning my power

I know that I am a very capable human being. I have dealt with everything life has thrown at me so far. I have skills and talents and the ability to find solutions to my problems. I have an amazing brain that is capable of solving all the problems I encounter in my life. I know that my brain will work to find answers to any question I have and will guide me in the right direction. I am a good person and I deserve to thrive in life. I know that life has given me the tools to be able to deal with all the situations I encounter and find a wise way to handle them. As I remain calm and at peace, I know I will come up with the right solutions. Because I am relaxed my brain is working to create the perfect answers to the situation I find myself in. I have so many inner resources to deal with anything life may present. I also know I have many outside resources available to me that will help me find the answers I need. I feel confident and secure. My incredible mind is coming up with all sorts of possibilities for me to consider. I have so many options available to me for living a great life. As new opportunities come into my mind, I know I can deal with any situation I face. I know nothing needs to be a serious setback. There is always the opportunity for me to move forward into an even better place. My mind supplies me with the answers to handle all the situations I face. I know that setbacks contain within them opportunities. Life has endless possibilities, and these possibilities are becoming clearer to me each day. I am becoming excited about new opportunities, and as I think about, discuss, and explore new these ideas, I know I am on my way to a great life. I know there is so much for me to be and do in this world.

You have the potential to live a great life. You have, as a human being, been blessed with a brain that allows you to do that. Don't live your life scared, fearful, and worried. See all the opportunities and possibilities in the world and live inspired.