

Willingness

Make The First Move

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are completely confident in going first and being an example for others.

Tips for Success

Keep a daily journal and record any objective evidence that you are being more proactive in your relationships and in your life. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I love trying new things

I feel alive when trying new things

I am willing to take risks

I feel comfortable when uncertain

on the other side of uncertainty is success

I naturally take small risks

I feel alive while taking risks

I boldly go forward into new situations

I feel comfortable in new situations

I feel comfortable talking to new people

I feel comfortable making new friends

I feel comfortable talking about unfamiliar things

I feel comfortable expressing complicated emotions

I am secure

I appreciate myself

I accept myself

I am always learning

I am always growing

I am always expanding

I always meet new people

I always go first

I set an example for others

I naturally take small risks

I am willing to take small risks

I know setbacks are inevitable

I easily overcome setbacks

I enjoy boldly going forward

I am comfortable in uncertain situations

I am comfortable being unsure

I am comfortable feeling my way forward

I naturally feel my way forward

You love trying new things

You feel alive when trying new things

You are willing to take risks

You feel comfortable when uncertain

on the other side of uncertainty is success

You naturally take small risks

You feel alive while taking risks

You boldly go forward into new situations

You feel comfortable in new situations

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You feel comfortable talking about unfamiliar things

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You appreciate yourself

You accept yourself

You are always learning

You are always growing

You are always expanding

You always meet new people

You always go first

You set an example for others

You naturally take small risks

You are willing to take small risks

You know setbacks are inevitable

You easily overcome setbacks

You enjoy boldly going forward

You are comfortable in uncertain situations

You are comfortable not being unsure

You are comfortable feeling your way forward

You naturally feel your way forward