



TRIBE Declarations

Repeat these declarations with emotion 3-4 times a day. Pic the one that carries the most meaning for you and repeat it in you mind whenever you need to feel empowered confident and in control.

- I create my life
- My choices create my reality
- I respond to circumstance not react to them
- I choose inner power-power over myself vs power over others
- I am true to my own heart
- I speak my truth with compassion
- I live in full integrity
- I keep my commitments to myself and others
- My word is law
- I keep my agreements no matter what
- I express my individuality and uniqueness
- I am willing to ask for what I want
- I release the need to please everyone
- I release the need to take other's opinions personally
- I understand that how others judge me is more about them than it is about me
- I get young and stronger every day
- I take full responsibility for my life
- I completely approve, accept and love myself as I am right now
- I contribute my talents and gifts to others
- I acknowledge and celebrate my successes
- I'm willing to do what's hard so the rest of my life becomes easy
- I honor my feeling but are about to act despite my mood
- I AM MORE POWERFUL THAN ANY OBSTACLE
- I am willing and able to break out of my current comfort zone to achieve success
- I am willing to act in spite of inconvenience or discomfort
- I have immense courage and take action in the face of fear
- I AM UNSTOPPABLE – I DO WHATEVER IT TAKES
- I feel younger and stronger everyday
- I choose to be powerful, strong and confident

