



Inner Circle: 28th August 2016 - Notes

In addition to the techniques I share with you in the Treasure Charts PDF, there is a final technique from the Inner Circle Webinar that I wanted to expand on here.

We are going to take an affirmation and create a symbol in place of the set of words. This will trigger your memory and emotions for the things you want at a deeper unconscious level rather than engaging your conscious mind with the task of reading.

Visual Affirmations Symbols

- First you write a positively focused statement of intention (See Week One's Effortless Success Activator for setting goals in the positive).
- Second reduce that statement to the simplest and most elegant form, the least amount of words in it.
- Use pictures in place of any nouns and use the letters of the words to create an image or symbol to represent the affirmation. You only need to add each letter once, (if the letter 'e' appears more than once in your affirmation you only need to add it once to your image).
- Once you have created your image (with colour if you desire) add it to your Treasure Chart.