

Decision Manifesto

The Decide Phase is a preparation phase. Its purpose is three-fold:

- (1) To clear away anything that might distract you from attracting clients and taking your business to the next level
- (2) To ground yourself in the willingness and the choice of successfully creating or expanding that business you dream of having
- (3) To ground your business in an inspiring decision that comes from a Higher, Divine part of you

You are all here today because you want to bring more success into your life. The first step of that creation is *deciding to allow* good things to come into your life.

Inherent to your decision to enroll in the Spark Your List Program, there are a few other decisions you are making.

By deciding to enroll in this program, here are some of the decisions you are making:

- The decision to focus your attention on list-building
- The decision to attract and enroll more people to your community
- The decision to show up in a more visible way in your community
- The decision to be more successful than you are today
- The decision for you to have more clients
- The decision for you to make more money
- The decision for you serve a community of people with your highest intentions in mind
- The decision to focus your attention on list-building versus on the 100 other things you could focus attention on
- The decision to experience change in your life and to do things in a new way

We, as humans, are fickle. We change our minds like the direction of the wind. Yet to accomplish what we set out to accomplish asks that you remember these decisions ongoing and thorough the next 90-days in a highly-committed fashion.

My question for you... who would you have to be to fully own these decisions? Who would you have to be to stay true to your high-inspiratin decision? What kind of person would you have to be? What kind of feeling would you need to feel?

Write down whatever you observe. Just sit with it.

Planting A Seed For Success

Today is the day we plant the seedling for your success. Today you will plant a seed – or the seedling – for your continued authentic success. You're not just planting it, but you are really **committing to return to this plant each and every day** to see how it's doing.

Each day during this program, you will give it love, sunshine, water, and nutrients so that it can grow into the healthy, abundant, flourishing plant you desire.

Today is the day you decide to create a successful business, overflowing with clients and abundant with prosperity and success.

Today you will create a Decision Manifesto. A Decision Manifesto is a signed and dated statement of commitment. It is the commitment to manifest something new.

By creating and activating your Decision Manifesto, you will be proclaiming your commitment, energy, will and desire -- to yourself and to the universe.

The Decision Manifesto powerfully activates the Laws of Attraction to work on your behalf. Before we get into the details of the Decision Manifesto. Let's take some time now to look at the Laws of Attraction.

Laws of Attraction

What are the Laws of Attraction?

- What I focus on, expands
- What I think, becomes real
- What I feel, becomes real
- Like attracts like
- What you believe – consciously and unconscious – it's what you get
- What you think about is what you get
- When you feel good and you put that out to the Universe, you get back more of what makes you feel good.
- When you don't feel good, you put yourself into a position to attract more things that don't feel good.

If you want to know how the Laws of Attraction are working in your life, just look around at your perception of reality. Look at your relationships, your home,

your bank account, and your health. Recognize that somehow – consciously or unconsciously – you attracted all that into your life.

The point today is not to question what you did or did not do in the past to create your present reality. The point today is to become conscious and aware of **what you do want going forward**. This information can help you refocus your thoughts, feelings, and attention in a direction that is aligned with what you want in your life and business.

Every single thought, feeling, word and action that comes out of you acts as a magnet – it either brings you closer to what you want, or it brings you closer to what you don't want.

When you say, **“I focus on feeling love,”** you get more love.

When you think, **“I don't want my husband to leave me,”** you get more of that feeling of not wanting your husband to leave you.

Somehow, some way our thoughts, feelings, words and actions have brought us to the current circumstances in our lives.

If we are to create and attract new experiences, we must be willing to shift our thoughts, feelings, words, and actions accordingly.

This is why we are creating the Decision Manifesto. **It gives us a new backbone from which to generate new thoughts, feelings, words, and actions**. Even if you are already thinking, feeling, saying and doing wonderful things – in order to create a new reality in your life, you will have to expand beyond what you're already doing, thinking, feeling, and saying.

The Law of Attraction takes into account not just what you think, but also what you feel. In fact, **it's what you feel that really counts**. When you feel good, you get more back of what makes you feel good. Your feelings are the strongest indication of the kind of energy that is moving through you.

For example, **you might say empowering, high-spirited things**, but if you actually *feel* energetically depleted, overwhelmed, and discouraged – you will be attracting more of those feelings.

The same is true with actions. **You might take all kinds of new actions** – you might develop a website, enroll 52 new partners, attract 10,000 new subscribers, and enroll 20 new clients – **but if you are feeling uninspired, angry, inconvenienced, or resentful**, as you take these actions, you will be ultimately sabotaging your larger success.

As you will see in the process, **most of us have limiting thoughts and feelings** that prevent us from going where we say we want to go. These limiting thoughts, excuses, habits, and rationalizations sabotage our success. They literally attract more of the same into our lives. They also keep us believing that we are unable to create what we say we want.

Hence, in order to give your mind and your natural powers of creation something new to chew on – you must be willing to rewire your internal operating system with new, empowering thoughts, feelings, actions and beliefs.

That's where the Laws of Attraction come in.

There are four steps to the Laws of Attraction:

1. Identify what you don't want –
2. Proclaim what you do want – Your Decision Statement
3. Feel the feeling of having it
4. Take a deep breath and be open to having it all – and much, much more

Often times it's easiest to identify what we don't want.

So take a moment and start to create your list of “Don't Wants”

- I don't want to be poor
- I don't want to not be able to pay the bills
- I don't want to have too much to do that I have no time for myself
- I don't want success to happen too fast
- I don't want the business to come faster than I can deliver the product/service
- I don't want customers who don't pay
- I don't want clients who don't show up on time and prepared for our appointments
- I don't want people who can't afford services
- I don't want people who expect me to do the work for them

It's important to get this list out of our system, so we know what's keeping us from success and driving self-sabotaging actions.

A common mistake is that we tend to focus on what we don't want, rather than what we do. When we focus on what we don't want – the laws of attraction are quick to bring more of the same to our doors.

By noticing what you don't want, **it helps you define what you do want (step two).**

Take a moment and create a list of things you DO want.

- Client attraction is fun, effortless and easy
- All of my clients are achieving wonderful results from my products and services
- My clients refer new customers to me every day
- I have a waiting list for new clients
- I generate plenty of wealth to afford all the support I need
- I have all my systems and operations on autopilot
- I deliver tremendous value through my products and services
- I love connecting with people and discovering how my business can best serve them

Now, through this process, you're starting to create a larger decision.

Your Decision Statement. A Decision Statement, in very simple terms, declares to yourself and to the universe what you've decided to create. It is written in the present tense as if you have already accomplished it.

- I thrive!
- I rock!
- I am an instrument of the divine.
- I serve a bustling community of women business owners.
- I am unstoppable!
- I live life out loud!
- I am a prosperous business owner!
- My business is overflowing with customers!

When you read your Decision Statement, it should make you feel excited and filled with high-energy feelings.

Just take a few minutes now to draft your decision statement. Allow it to be related to your decision to attract and enroll all the clients you desire. Perhaps your decision statement has something to do with the kind of business you are creating, or the impact your bringing to others, or the way in which you are doing it – as in confidently, purposefully, compassionately, spiritedly.

Your decision statement should be a short, concise statement that is easy for you to remember. **It is likely less than 15 words long, and probaly even less than 5.**

When you identify what it is you do want – as in your Decision Statement – it is important to **create a mental picture of what it looks like and connect with how it would feel to have it yours already.** It is essential – critical – that the feelings with which you surround your Decision Statement are positive.

It is not enough to say, “I thriving coaching business,” if there’s a part of you that doesn’t believe you can have it, a part of you that isn’t sure if you want it, or a shadow of doubt that you are worthy of receiving it.

The universe will respond to what you feel, so it’s essential to ground your Decision Statement with positive, affirming feelings. So using step three, it is important to **surround your commitment with positive affirming voices and feelings** – rather than negative, fearing voices and feelings.

This is what your Decision Manifesto is here to help you do.

Your Decision Manifesto

Your Decision Manifesto is composed of the following:

- **Your Decision Statement** - a quick, simple, statement of 20 words or less that declares your commitment to (1) to create a business you dream of having, and (2) to be successful at it.
- **Your Commitment to Nurture the Feeling of your commitment** – the commitment to cultivate the feeling that will fuel and attract the success and abundance you desire. This is your declaration that you are taking responsibility for giving yourself the feeling that is needed within yourself in order to attract what you desire into fruition
- **Your Statement of Worth and Willingness** – simply an affirmation of 10 words or less stating that you are worthy of abundance and willing to let yourself have it – according to your definition of abundance.
 - I am open and ready to receive abundance now and always.
 - I am worthy of success.
 - I stand in the knowing that this is what I am meant to do.
 - I deserve abundance, love, and success.
 - I am worthy of everything.
 - I am ready to receive the abundance of the universe.
 - I am living god’s plan for my life.
- **Your Dated Signature** – by signing your Decision Manifesto, you declare to yourself and to the world that you are committed and in agreement with whatever is written.

Today, I invite you to complete and post your Decision Manifesto in a place where you can be constantly reminded of it.

Next, I invite you to activate it. There are three parts to activating your Decision Manifesto and thereby putting into motion the Laws of Attraction in your favor:

1. With feeling, passion, inspiration, and commitment, **read out loud your Decision Manifesto** at least once each day. (I recommend doing this every day for the next 4 months. WATCH OUT and BE WILLING FOR HUGE SUCCESS!!)
2. Infused with positive feelings, share your Decision Statement with at least **10 people this week** – one or more person each day. Share it with people you know will support and encourage you. (Take a moment now and think ahead to your week – the places you will be the people you will come into contact with – and just write down all the opportunities you have this week to share your Decision Statement.)
3. Take a **daily action to cultivate the feeling** that is needed to cultivate your commitment. Once you've taken the action – spend at least 30 seconds really feeling that feeling. (30 seconds is the minimum amount of time necessary to really activate the powers of attraction into the universe.)

For more information on The Laws of Attraction:

- *The Circle* by Laura Day
- *Excuse Me, Your Life Is Waiting* by Lynn Grabhorn
- *Ask And It is Given* by Ester and Jerry Hicks