

Develop Mindset

The process of creating real and lasting results is greatly enhanced when you understand the vital connection between the heart and mind.

What you think about and say repeatedly has a powerful influence on your subconscious mind. If you discipline your thoughts, words, and beliefs to foster positivity, they can help you achieve your desired results. In addition to visual cues or reminders of your dreams and future achievements, read the following Confidence Statement aloud twice daily. Engage your whole self in the work of creating your dreams, program your sub-conscious mind for success, and stir your heart to action!

“Whatever the mind can conceive and believe, it can achieve.”

— Napoleon Hill

CONFIDENCE STATEMENT

I HAVE the ability to build a successful dōTERRA business and fulfill my purpose in life. I am persistent as I work toward reaching my goals.

I REALIZE that what I think and believe eventually becomes my reality. I concentrate my thoughts on the person I intend to become and create a clear mental picture of that person.

I UNDERSTAND abundance, influence, and rank only last when built upon actions which benefit everyone they affect. I maintain a service mindset as I bring hope and wellness to the world. I succeed by gaining the cooperation of other people.

I ENCOURAGE and invite others to join me because of my willingness and efforts to serve those around me with love, compassion, honesty, and gratitude. Others believe in me because I believe in them and in myself.

- I influence and make a difference in _____ (#) of lives.
- I earn \$_____ monthly through my dōTERRA business.
- I am a _____ (rank) on or before _____ (date).

In exchange for this rank and income, I give my very best effort. I continue to act until I have developed sufficient self-confidence to attain it.

I sign my name to this Confidence Statement. I memorize and repeat it with full faith that it is continually influencing my thoughts and actions, creating the results I desire.

Signature

After filling out the Confidence Statement above and putting it to practice, consider further personalizing it by completing and adding the following statements.

I am... Write a statement about who you show up as in the world, including virtues, characteristics, and your worth.

I am grateful as I... Write about the abundance and prosperity you are bringing into your experience.

I am certain that... Write about the success and victories you are creating in dōTERRA.

I am committed to... Write about your commitment to creating the things you desire.