

Step 1

Write out **"I am a"** and then share your top qualities of your true essence—(who you really are without trying) from the question **What is your true essence or nature? How do you show up in the world that's the real you without trying or compensating?** in the Reality Check form.

I am a


man/woman



Step 2

Write out "I am attracting my husband/wife who makes me feel" and then fill how you want to feel in a relationship (top 5 Emotional Needs) from question **What do you want and need in a relationship? How do you want to feel in your relationship? (To have, to feel or to experience)** in the Reality Check form.

I am attracting my husband/wife who makes me feel



Step 3

Write out "Together we are" and fill in your vision for your life with your partner.

For instance, you could say something like:

"Together we are building a life of partnership, raising our children in a spiritual home, and using our wealth to make a difference in the lives of children."



Step 4

Take your answers from steps 1, 2, & 3 above and write your complete New Empowering Statement below. This will become your guiding vision, inspiration and mission statement to draw your future spouse to you. Your New Empowering Statement is a victory over the past and is based on reality - the awesome person you are. Once you've created your New Empowering Statement, be sure to print it out and look at it often throughout the day. Put it where you can see it as soon as you wake up, before you go to sleep, on your bathroom mirror, your refrigerator or send it to yourself as a reminder throughout the day. Memorize it!

Once you have your New Empowering Statement, type it in the box for this module in the members area so that you will see it every day. Then, copy it into your Daily Practices worksheet and share it in the Facebook Forum to feel the love from your community!



New Daily Practices based in Module 4:

Do the Clarity Mirror Exercise to Parent Yourself and heal your inner child at least 2X a day when you wake up and before you go to sleep.

Recite Your New Empowering Statement 3x daily!

