

Welcome Packet thePowerofThree.net



Live Free!

thePowerofThree.net

Congratulations on your new membership. You have taken the first step to living a life of true abundance and freedom! The Power of Three, P3, has three main objectives.

- Live Free! Discover and live a life of unlimited freedom and joy.
- Inspire Others! Have a positive impact on the P3 Community and those around you.
- Give Back! Be a powerful source for good in society.

This packet will focus on the first objective. Your P3 membership includes many great tools to help you live the life you are destined to live. Included here is a brief overview of each section you will find on the My World page of the website. Each element was included for a specific purpose. Study this packet and apply the principles in your life. Use your My World page as often as you can. You will discover the secret of life--to be your true self and achieve the freedom that comes when you design your life around your passions, ambitions, and natural talents! Let's get started!

Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning."

-- Gloria Steinem

Life Checklist

Get excited about living! One common challenge people face is that they get so caught up in daily routines that they fail to design their lives. It is easy to let life take over. Having a life checklist is a great reminder that life is about experiences. You are far more likely to do things once you commit to doing them by having a written list!

What to Include

The Life Checklist is a simple list. It is the first step to planning your future. Your Checklist only states *what* you would like to do, *not how* you will do it. What would you like to accomplish? Where would you like to travel? What experiences would you like to have? Do you want to run a marathon or triathlon? Would you like to try scuba diving or snowboarding? Do you dream of exploring the Pyramids or visiting Mount Rushmore? Make a list. We will help you create and manage it.

Decide now where life's adventure will take you!

Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will

tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present -- love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure -- the wasteland of illusion falls away and we experience Heaven on earth. --Sarah Ban Breathnach

Gratitude List

Developing an attitude of gratitude is one of the most important things that you can do to attract and manifest the things that you desire into your life. In fact, it's essential that you do! Why is this? Gratitude fulfills the *law of multiplication*. Whatever you genuinely feel grateful for, you multiply in your life!

The purpose of the gratitude section of the My World page is to create a positive and grateful thought process. It creates a habit of being positive and will train your subconscious to guide you into getting more of what you really want.

What to Include

Great news, the blessings are there! Even if you don't know it already, you will find them!

First, start recording the people, experiences, possessions and relationships that you are currently grateful for! Take time to experience a deep feeling of gratitude for these things!

Second, dig deeper. Are there things, people and circumstances that are beneficial to you, but which you take for granted? Sometimes when things or people are always present, they are easily overlooked, like the air you breathe, the clothes in your closet, the summer breeze, your amazing body that works without you telling it to! Who are the people that surround you? Are you grateful for your family and friends? Close your eyes, take a deep breath, and feel a sense of deep gratitude for all these things.

Third, and often the most challenging, is feeling gratitude for the experiences, people, and things in life that aren't easily labeled as blessings. These are the trials and heartache that have brought you pain and suffering. All suffering can promote personal growth. This may sound crazy; however, recognizing this concept is an important step in mastering the art of gratitude.

When we express gratitude for these dismal experiences, we acknowledge the blessings within them. It has been said, "The intention or attitude we

bring to life situations, determines what we create.” How we choose to see the world shapes how we respond to life's challenges.

The fourth step is often the most exciting! It is your chance to take control of your destiny! Go one step further and think of those things you'd like to have in your life - feel how you would feel having them right now and express gratitude for them as if you already have them. Gratitude is the fastest way to draw those experiences into your life. When you feel gratitude for something, you acknowledge that you have already received it, you program this desirable experience as your reality into your subconscious mind, you expect it to happen, you begin looking for proofs that it is a part of your life, you begin acting as if this is true for you now and you begin to experience what may be nothing short of miracles.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. --Melody Beattie

How to Make a Gratitude List

There is no right or wrong way to make a gratitude list. Feel free to adapt this practice to fit your personality and time schedule. You can start by writing a list of as many things you can think of, or break it down, and write ten or fifteen per day. Alternatively, you can choose to add things randomly as they become relevant in your life. Things like: you missed morning traffic, heard your favorite song on the radio, saw an old friend, had a great nights sleep, etc. The purpose is to force yourself to focus and become aware of your blessings. As you practice gratitude you will become aware of blessings that you would not normally label as blessings. Review and add things to your list often. As you do, take a moment to experience and enjoy feelings of true gratitude.

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate or value into your life. --Christiane Northrup

The Gratitude Payoff

The rewards of gratitude are many. For one, it will change a life of emptiness to one of fulfillment. Unappreciative people are never satisfied and live empty lives. If we do not appreciate what we have now, how can we enjoy what we hope to have in the future? To have what you want; learn

to want what you have. Also, when we are fully aware of the treasures we already have, we eliminate worry, fear, greed, and envy. Finally, an ever-grateful heart will soften the blow when tragic events occur.

“Journal writing is a voyage to the interior”

-- Christina Baldwin

Personal E Journal

Have you ever looked back on your life and wished that you had kept a journal? It is amazing how much you actually forget if it is not written down. Keeping a journal is a great way to look back and see how much progress you have made over time. It is also exciting to remember things that were happening in your life. Your personal animated journal makes journal writing easy and convenient, and is, hands down, the best journal on the web today! This is one of the most amazing tools on your personal page.

What to Include

You can use your e-journal to record your thoughts, ambitions, dreams, and experiences. Make entries regarding your day, events you experienced and their effects on you. This process allows you to go beyond the actual experiences, events and emotions to discover what more essential teachings life holds for you. You will use your day-to-day experiences to discover more about yourself and what life has in store for you!

When you look back at your journal in years to come, you will find not only a record of your experiences, but you will find a clear path showing the direction of your growth. You can then use this path for navigating through your life, rather than simply looking back and reflecting on it.

Benefits of an E-journal

The Power of Three journal is designed to look just like a real book with pages that turn. You can personalize it to match your personality and style. Because it is hosted on the web, you can access your journal anywhere, which means you don't have to carry a book around wherever you are. You can also upload pictures and search previous entries by entry date or even using key words. Your journal is archived for you, and if you wish, it can be printed, bound, and mailed for your home library. Utilizing this aspect of the personalized home page alone will make your time as a P3 member well spent.

Library

Another exciting feature of you're my world page is your own personal library. Have you ever read a great article and wanted to keep it for use at a later time? It usually gets printed out and then placed in a stack where it takes up space until you need it and then all of the sudden, "poof" it has mysteriously disappeared. The library is a place where you can organize and archive articles that are important to you. They can be funny, uplifting, inspirational, technical, or informative. Import articles from websites or emails you have received. Having convenient, quick, searchable access to your documents is not only handy but allows you to use your time and energy on applying the information you have learned.

In order to use creative visualization to create what you want in life, you must be willing and able to accept the best that life has to offer you--your 'good'." --Shakti Gawain

Vision Board

Your vision board is a fun and inspiring place! A vision board is a positive visualization technique. Using pictures you will create a place where you can plan what life has in store for you! The two components of an effective vision board are: having a clear image of what you want to create combined with deep positive emotions. Studying the vision board makes your path to success so real that you can almost feel, hear, and smell it!

Creating a Vision Board

The Power of Three makes designing your own vision board easy and fun! Our picture database has over 1,000 pictures available and also allows you to upload pictures of your own as well. The drag-and-drop system is simple. You will truly enjoy designing your life and destiny!

Four general elements that a vision board should include are:

Visual; Your subconscious mind works in pictures and images, so make your vision board as visual as possible with as many pictures as you can. You can supplement your pictures with words and phrases to increase the emotional response you get from it.

Specific; Each item on your vision board should represent exactly what you desire. If you want a new car, include a picture with the same make, model, and color that you want. If you want to get fit, display a picture showing exactly how you want to look. What size pants are you going to wear? How many miles can you run? Is there definition in your muscles?

Showing details makes the object more real and allows you to track success.

Emotional; Each picture on your vision board should evoke a positive emotional response from you. The mere sight of your vision board should make you happy and fuel your passion to achieve it every time you look at it.

Strategically-placed; Your vision board can be set as your Internet home page. Every time you log-on to the computer you will see it! You can also email or print it out to display in any additional locations. Remember the stronger the vision is in your mind, the easier it will be to achieve.

"You create your own universe as you go along." --Winston Churchill

Making your Dreams a Reality

Visualizing your dreams coming true is a proven way to make them happen! Using your vision board puts the Law of Attraction to work. That which we focus on most of the time is attracted into our lives. The vision board is a picture of your True Self in the future. It is a statement of who you are, and who you are becoming. It is the framework of the life you are creating. Your vision board will excite and remind you of the things you are attracting in your life! By creating a vision board, you are one step closer to manifesting your dreams in reality.

"There is a thought in your mind right now. The longer you hold on to it, the more you dwell upon it, the more life you give to that thought. Give it enough life, and it will become real. So make sure the thought is indeed a great one." –Ralph Marston

Self-Affirmations

Self-affirmations are the 'self-talk" you give yourself every day. They are based on your beliefs and with them you create your reality.

You can either use positive or negative communication. Both positive affirmations and negative affirmations have the ability to influence your life, your environment, and you. People who are highly successful program their minds with affirmations, images, and visualizations of success then back them up with action and persistence.

By using affirmations, images and words either consciously or subconsciously you can create prosperity, abundance and success. Regular

use of positive affirmations helps you to reach goals and continue thinking positively.

Structure of a Good Affirmation

Affirmations will only work if they are true! The structure of an affirmation is very important. All effective affirmations are in the first-person format—they all start with I. Make sure your affirmations are in the here and now! They should be present tense. Many people resist doing this and in doing so diminish the power of an affirmation. Most affirmation statements start with the words I am. This simple statement is truly powerful. You get to determine what kind of person you are. Other affirmations may start with, I have, I can, I act, I choose.

To begin, take a full positive inventory of your attributes, strengths, talents, and competencies and start with a focus on those things you have already mastered. If you are very good at keeping a clean and orderly house you could say, “I am an organized housekeeper.”

Next you can create affirmations for qualities you are trying to develop. For example, if your goal is to have a positive attitude you would say, “I am a positive person.” This concept also works for physical goals, such as, if you desire to make more money, you would say, “I am a money magnet.”

Repeat your affirmations daily and take time to consider what each statement means in your life. See and feel yourself living the experience of being rich or successful or thin or whatever it is you are trying to manifest in your life. The better you can see yourself living the life of your dreams the more quickly your positive affirmation will come true.

Affirmations, when worded correctly and emotionally charged, tap into the unlimited creative power of your subconscious mind, and manifest your desires.

Conclusion

Affirming a goal regularly keeps it front and center of your thinking. People tend to accomplish what they think about, especially when thinking about it properly. Implementing positive affirmations into your self-talk can result in a positive attitude, optimism, and can motivate you toward emotional growth and progress.

The Power of Positive Self-Affirmations

Free yourself from a dependence on other's opinions, attitudes and feelings about you. Feel good about yourself without needing the approval of anyone but you!

Take personal responsibility for your health and emotional stability.

Let go of negative emotional baggage you have been carrying. Only then will you be able to deal with your life in a realistic and positive manner.

Resolve feelings from the past so that you can face the present with a less obstructed view.

Give yourself permission to grow, to change, to take risks, to rise up, and to create a better life.

Recognize your rights and affirm your claim on them, giving you an equitable chance of achieving your fullest potential.