



5 Steps to Reclaiming Your Life

1

Be in Gratitude

The first step to reclaiming your life is to practice waking up in gratitude. Look for all the great things that are in your life. Whatever it is, be grateful for it.

Legwork:

1. Everyday write down three things you are grateful for. The three things cannot repeat from a previous day.
2. Write a letter of gratitude to someone letting them know how much you care and appreciate them.

2

Set Intentions

Set an intention such as, "Today I'm going to have a great day" or "Today I'm going to motivate myself and move forward" or "I'm going to do things that benefit my life." "Universe, I ask you to assist me in creating this." (We kind of partner up)

Legwork:

Set intentions for the things you desire and partner with the Universe.

Example: I set the intetion to _____, and I am asking the Universe to assist me in creating this.

3

Claim Your Personal Space

Personal space is the space all around you as far as your arms can reach. That personal space is all yours. Nobody can do anything to it unless you give your power away. Giving your power away is allowing, by choice, whether or not you're going to let people affect your day, your life or how you feel.

Legwork:

Look at what or who you give your power away to in your life? Wite it down to identify it. Now think about how you can choose to do something different and how you are going to implement it in your life.



4

R.P.C.I.

I do this thing called a Reclaim/Proclaim Command Statement.

I state, "I reclaim that... (fill in things that you desire to erase or let go of. For example how we get stuck, things that upset you.) Then I say, "I proclaim... (fill in things that are the positive side of what you are reclaiming.) Let the Universe be whatever you claim it to be.

I then do what's called a command statement to BE who I am. "I command that I am the creator of my life" because you're commanding it. We have to continually remember that we are the commander of our ship, our personal space, our car.

So, with that, I reclaim the bad day because I created it. I proclaim that I'm in the driver's seat and I'm changing gears, that I'm in a positive place, that I choose to be in this happy, better place, and that I have gratitude. "I command it to be so for I am in creation with the Universe." I call it One True Light Consciousness, some people call it something else, but mine is... "I command that I am co-creating with One True Light Consciousness to have a better life, a better journey, a better way of living."

Legwork:

Example: I reclaim _____. I proclaim _____. I command that I am in co-creation with the Universe.

5

Attitude







Finally, there is a fifth one. Attitude is 90%, life is 10%. Whether you're cranky or happy, it means that your attitude is literally your entire life. The 10% is the other things out there that you are letting drive you down the road.

Legwork:

Attitude Check. What is my attitude?



Let's Recap

-  Set intentions every day.
-  Stay in your personal space.
-  Reclaim, proclaim, and command your life.
-  Remember that you are the 90% attitude of your entire day.
-  Remember that your entire life is banked on your, so invest in yourself.
-  Remember you can't control others but you can control how you are going to respond.
Check your attitude and be in gratitude.