

# The Gift

By

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## The Power of Self-Worth

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Thank you for joining us in this practice.

These affirmations help lift your confidence and motivation as they relate to money, relationships, business, and health. We do not avoid or hide from these desires. We embrace them in a good and healthy way that lift the well-being of all people.

First, money is not evil – it is a power in and of itself – it is neutral in all ways. When wealth is used correctly, great and beautiful events come to pass for millions of people. Money used well is an influence of good. Second, a relationship is our connection to another. We all desire strong relationships – children, a lover, and close family – these are the deepest desires of every woman and man. When I am right with you, I am right with me, and healthy relationships are the key. Third, business is how the world moves. Without commerce, the progress of the human race stops. When practiced correctly, companies develop services that support the people in all ways and bring great value to those they serve. Business is important. And finally, above all, our physical well-being is and must be our highest goal for we are the center of our experience, and the center must be healthy else we are of little help to those who need us.

Success in money, relationships, business, and health are only the start. Building a meaningful life is much more fulfilling and gives us purpose, and successes are the stepping-stones along the way. At Motive For Life, we believe in one critical tenet of success – you have to feel you're worthy of receiving it. Without the basis of worthiness, success comes and goes. Without a platform of high self-worth, we cycle through success and failure, over and over.

You must begin the process of lifting your self-worth so it meets your desires. When you believe you're worthy of abundance and success, the motivation to pursue it naturally appears. You see opportunities where previously they were invisible. Confidence flows and motivation springs forth from which previously there was none.

Self-worth is the key to all advancement. Higher self-worth opens your eyes and enables you to accept the wealth and opportunities the world has to offer.

Practice the following exercises every day, for 90-days. Let the language of higher self-worth penetrate your subconscious and become habitual. You will naturally head towards a prosperous and fulfilling life.

### Attitude

All my experiences are the direct result of how I think (and feel) about myself. If I see myself as a bad or undeserving person, then I will experience events in my life that re-

enforce that I am bad and underserving. If I believe I am unlucky, and then my experiences will re-enforce how unlucky I am. The opposite is also true. If I feel I am the luckiest person in the world, then my daily experiences will re-enforce the feeling of luck throughout the day.

The human brain is a broadcast system much like a radio antenna. All living creatures – especially humans – are tuned to the energy frequencies they broadcast. Like a radio, the music we broadcast attracts those who like what we are playing.

Positive energy travels on frequencies different from negative energy. We express this energy in the form of emotions. Joy, love, and gratitude are positive emotions. Those who have a positive feeling about themselves are naturally attracted to those with positive emotions. The better a person feels about themselves, the greater the attraction from others.

The same holds true for those who have negative emotions; guilt, loathing, jealousy, anger. The more we express negative emotion, the more we attract negative people and situations into our lives. As an example, the daily news increases our fear and anxiety because the daily news is mostly bad. Take the first action and turn off the daily news including social media feeds that do not support your positive state of mind.

How do we take charge of your emotional thinking and move to a positive state? We may have all sorts of personal convictions, however, if we do not change our thinking at both the conscious AND unconscious levels, we suffer the random tragedies of life and call them fate.

## Improving Self-Worth

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Self-Worth is the most important thing you can improve. At its very core, Self-Worth sets the level of abundance you allow into your life. It controls all the conditions you experience – the level of your Self-Worth defines the quality of your life. The higher your positive emotion – expressed as self-love, Self-Worth, and self-esteem – the more positive people you attract. When your unconscious mind believes you are good and worthy of good things, you naturally do positive, self-esteem building actions. More importantly, you allow abundance, love, peace, wealth, and success into your experience.

Building Self-Worth has a compounding effect. The more you improve how you feel about yourself, the more good that flows into your life. It is an endless flow of abundance and love with no limits.

The problem is this – most of us confuse EGO with Self-Worth. “They owe me a raise” is a lot different than “I am worthy of a raise.” To determine how you feel about yourself, do this simple test of your Self-Worth.

- Go to the bathroom and close the door so that no one will disturb you or hear you speak.
- Look yourself in the eyes and say, “You are beautiful, smart, and a winner. You are an awesome person, and I love you”.
- Be honest. It is only you in the bathroom. Do you believe what you say?

## **Our Thinking Must Change**

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Prior to my personal transformation, I never realized that my problems - all of them - were the result of my thinking. Every single problem and difficulty in my life was the result of how I thought about myself and the beliefs I carried that supported them. At the very core was a distorted view of my own worthiness. Before I could make significant progress in finances, emotional balance, or spiritually, I had to get to the root of the issue - and the root was Self-Worth.

The following set of exercises will change how you feel about yourself completely. Self-Worth, worthiness, deserving, and grace - these are all core beliefs that must be lifted. You must build a “worthiness” platform and that, in turn, will attract abundance and success to you.

The more Self-Worth you have, the more you will attract.

Follow the instructions, do the work, and receive the benefits.

## Exercises and Readings

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The Gift is a training program you must put into action. The work is critical, and you start with small, simple actions that you build upon. The goal is to find and celebrate small wins, build on them, and launch into even bigger wins. Over time, the shaping of your identity will come into view, while success and abundance flow into your life.

### Turn Off The News

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First, stop watching the news or watching any program that doesn't lift your emotions in a positive direction. For example:

- Shut down all 24-hour news feeds and programs
- Unsubscribe from news alerts
- Block social media friends and posts that spread negative language – we all know who those people are – cut them out of your feed
- Stop following feeds that promote hate, anger, negativity, and the like

This fire hose of negative emotion simply does not serve you. It floods your mind with images that form the basis of all your behaviors. I simply do not need this in my life. And neither do you.

### The Readings

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The Gift is a set of readings that focus on lifting self-worth. It replaces the bugs in our brain with language that supports an improved life. In a short period of time, the new language takes root and naturally changes the programming of your Routine Engine. The Gift is a collection of readings—each with a specific purpose. These words completely changed my life and the lives of many, many women and men.

Here are the instructions for the readings:

*#1—Read all readings every day in a quiet private place.* Safety is important. Most people feel embarrassed when they start. Don't fight the embarrassment; just find a place that is quiet and emotionally safe. The bathroom works well. The inside of a parked car is also a good spot, especially if you forget to do the readings in the morning.

*#2—Read out loud.* Reading out loud helps to keep you focused. I have found myself reading to myself and not remember what I read. Reading out loud works.

*#3—Read with a smile and emotion.* Put emotion into the readings. The more emotion invested, the better and faster the process. Emotion helps the brain absorb the information. Think about 9/11. Just about everyone knows where he or she was at that time. Emotion drives memories and brain changes. Put emotion into the Readings.

*#4—Read in the morning, before you get going, and at night, before bed.* This is the discipline. We must prepare our day and emphasize our value before we close our eyes.

*#5—Read while looking into a mirror.* This is where people feel the most uncomfortable. Mirror work is also the highest payback. If you're not able to look at yourself in the mirror, the exercises still work; however, experience suggests that those who are able to do the readings in the mirror experience results faster. It's important to give yourself a break. Work your way to the mirror when you can.

*#6—Read for at least ninety days in a row.* Consistency is the *most* important action. Daily routine is what changes the brain. Think about riding a bicycle. At first, it's very complex when you're highly focused on learning the routine. Then there comes a point where your Routine Engine takes over and you no longer need to focus as hard. You're aware but not lost in concentration. The readings, when read daily for ninety days, enforce the language of higher self-worth. You are using your brain's compulsive behavior to your benefit and reprogramming your Routine Engine. Teach the brain the routine of higher self-worth and you change your world!

Only you can do the readings. Ownership of your success is as simple as making a decision to improve your self-worth. The universe of infinite intelligence will do the rest!



## Reading #1 - The Gift

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I am a gift. Everywhere I go, people are happy to see me. They smile and encourage me at every step. Supporters and believers surround me.

I am beautiful. Every part of my body is perfectly shaped and a gift to me. I see beauty in everyone and love every part of my body.

I am awesome. I serve others because I like to help, and I receive incredible joy from their happiness. I love my fellow man in every way, and they love me.

I am smart. I know that I can achieve anything I want and am willing to change my actions to achieve my goals. I see opportunity everywhere.

I am a receiver. I'm open and willing to receive the abundance of the universe now. I'm wealthy in every way.

I am forgiven. I'm forgiven for all the actions that I believe hurt others, and I forgive everyone who I believe harmed me.

I am a gift and am worthy of love.

## Reading #2 - I Believe

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I believe in the power of my thoughts. I know what I am doing and understand how to change my life.

I believe God always says yes.

I believe divine love shines from within me.

I believe self-worth controls my experiences.

I believe all is possible through higher self-worth.

I believe in prayer and understand how prayer works.

I believe money is how God flows material abundance to me.

I believe God sends me exactly what I believe I am worth.

I believe I am love, peace, light, and beauty.

I believe in compassion and speak highly of all people.

I believe I am a beautiful example of success.

I believe my welfare comes first and I act accordingly.

I believe I am of maximum service to those who need me.

I believe I shape my world and experience what I want.

I believe I am the creator of my world.

I believe there is only one source and it listens to me.

I believe in myself—always.

## Reading #3 - My Life's True Definite Purpose

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I follow my highest desire and take action toward its realization.

I am true to myself and all men and women. I commit to treat them as I wish to be treated.

I always seek positive outcomes for all parties involved in business transactions and personal relationships.

I elevate my self-worth for the attainment of my true purpose in life.

I allow others to help me because of my willingness to help them.

I love all people, of all shapes, sizes, colors, and creeds.

I am one with all people and they are one with me.

I make great decisions and feel a deep sense of peace knowing my choices are always perfect.

I am the best I have ever been and know I will be even better tomorrow.

I am a winner—now and forever.

My success is preordained because I am the best at what I do.



I love my life and all those in it.

The road to my true purpose is beautiful, glorious, and brilliant.

## Reading #4 – My Abundance

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“I open myself to all the wealth of the universe. I allow financial, personal, physical and spiritual prosperity to flow into my life. I open myself to the infinite intelligence of all ages and trust that it has my highest benefit and good at heart. I allow abundance to freely flow money, wealth, and prosperity into my life. It is done. “

## Reading #5 - Advancement and Decisions

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“I always make the right decisions - 100% of the time. I have sound decision-making abilities. Every decision I make is perfect and is exactly the right decision. If a different decision is to be made, God will send me more information, and I will make a different decision. I always make the perfect decision - every time.”

## Reading #6 - I Love Our Clients

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I love our Clients.

They are the best Clients any company could have. They help me improve our products and services, and give me praise when we do a good job.

My Clients are the best Clients any person could have. They genuinely want to do business with me and want to help me wherever they can.

Today, I will do my best to meet our Clients' expectations of our products and services. I am committed to serving them to my fullest ability.

I love our Clients because they love to laugh with us.

I love our Clients because they teach us something new every day.

I love our Clients because I can talk to them for hours about my work. It makes my job enjoyable, and that is an AWESOME feeling!

I love our Clients because they take the time and effort to give good feedback that improves our products and services.

We charge a fair price for our service and our Clients are happy to pay it.

I love our Clients.



## Reading #7 - Lucky Person

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I am the luckiest person alive.

God flows good fortune to me and rewards my good deeds.

Everywhere I look, people are good at heart and want to help me achieve good things.

Money and prosperity flow to me with ease with a genuine desire to please me.

I work hard and am rewarded by the Law of Compensation - or as others see it - luck.

Everybody who believes they are lucky is lucky. Every opportunity in front of me is brought to me because I imagined it, thought it, and therefore my luck is exactly to the proportion I believe it to be.

I am the luckiest person in the world. Endless good fortune comes my way.

And I gladly accept it.



## More from Motive For Life

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To Our Friends,

So many people tell us how The Gift lifted their self-worth and opened the doors to an amazing life. With a few simple changes to the language we use to describe ourselves, we discover new roads that lead us to successful and happy lives. The Gift is the first step in the process of opening up and allowing success to arrive and stay.

Please share your experiences with The Gift. We love to hear about success and the breakthrough of awareness that happens when practicing The Gift.

Send us an email with your experiences or suggestions: [Info@MotiveForLife.com](mailto:Info@MotiveForLife.com)

Visit us at [www.MotiveForLife.com](http://www.MotiveForLife.com) for more resources and services.

I love you all. Thank you!

Sincerely,

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President