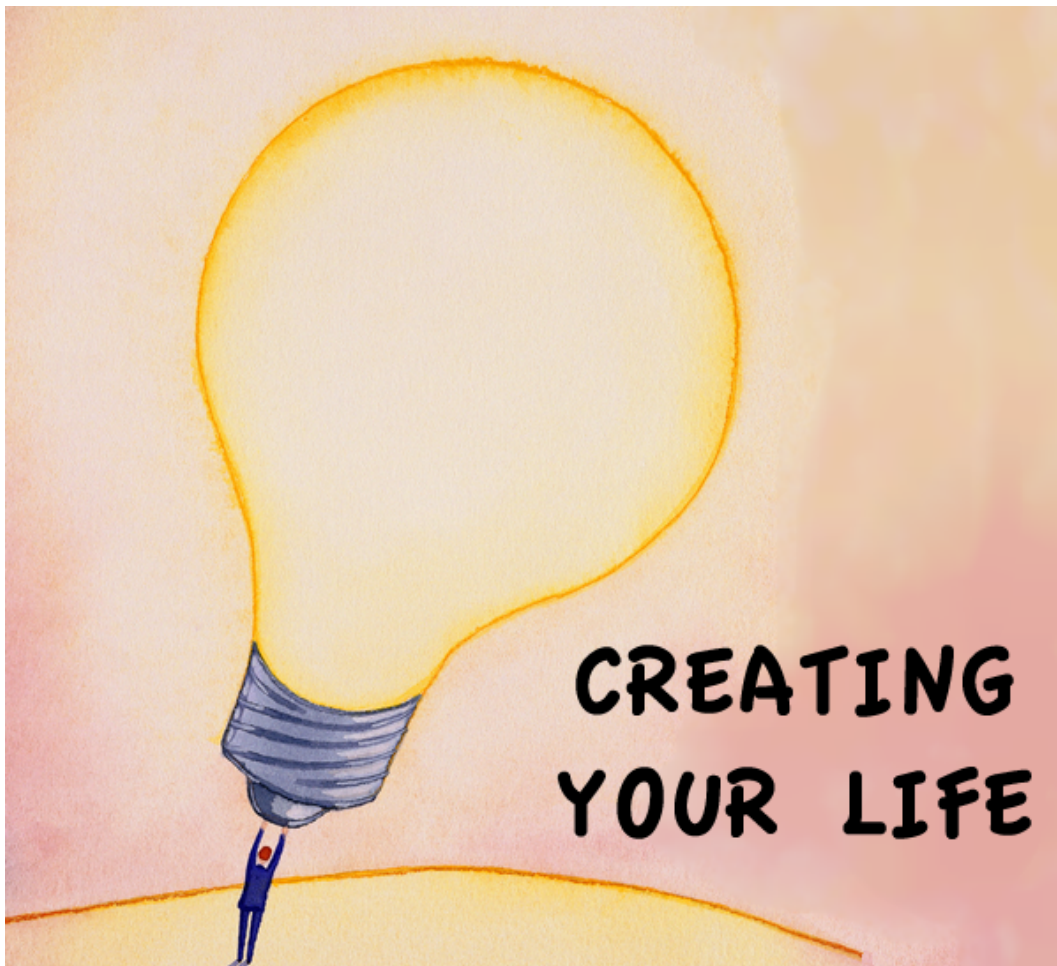


# The 36-Day Creating Your Life Workbook

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For One Affirmation



To access the FREE 36-Day *Creating Your Life* Course, join the email list at  
[MarkAndreAlexander.com](http://MarkAndreAlexander.com)

## The 15 Times Exercise

The way to break the Self-Talk Triangle is to reprogram your mind's autopilot. Take hold of your inner dialogue and work hard every day, every hour, every minute, to release the negative pictures and negative talk.

But not by resisting them. The mind seems to work by the *Law of Reversed Effort*. The more you try to resist negative thoughts, the more you give them life.

The trick is *not* focusing on getting rid of those thoughts and pictures. The trick is *replacing* them with positive pictures. Focus on the positive.

One technique is the 15 Times Exercise. You take a positive affirmation and write it 15 times each day.

Many people write positive affirmations every day. But that in itself is not enough to change the mind. What seems to work more often for some people is the Change Formula, a kind of imaginative exercise:

**IVF = C**

**Imagine Vividly with Feeling results in Change** (*to the subconscious repository*)

You write it. You mentally say it. You vividly picture it, investing it with as much *emotional* feeling as possible. That combination gradually begins to change the pictures in the mind.

Here are a few sample affirmations to get you started.

- I love exercising every day; I love feeling my sweat, my beating heart, and watching the scale show I'm losing weight.
- I embrace challenges, and with each success I'm motivated to achieve even more successes.
- I'm a giving and loving person, opening my heart to all life, and feeling a golden glow constantly in my heart.
- I enjoy facing my fears, embracing courage, feeling fear melt each time I face it with courage.
- I love applying myself to my daily disciplines; I feel myself growing stronger and healthier as a writer/artist/coworker/manager/leader/etc.
- Success and good opportunities naturally gravitate towards me; among the lucky, I am the chosen one.

*Imagination is the tool with which you architect your life.*

# Day 1

## Getting Started

*I am enough of an artist to draw freely upon my imagination.*

*Imagination is more important than knowledge.*

*Knowledge is limited. Imagination encircles the world.*

Albert Einstein

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*Imagination is the tool with which you architect your life.*

# Day 2

## The Change Formula

$$IVF = C$$

*Imagine Vividly with Feeling results in Change*

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*Imagination is the tool with which you architect your life.*

# Day 3

## Resistance to Change

*If you can dream it,  
you can do it.*  
Walt Disney

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*Imagination is the tool with which you architect your life.*

# Day 4

## RAS and Goals, Part 1

*When patterns are broken,  
new worlds emerge.*

Tuli Kupferberg, poet

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*Imagination is the tool with which you architect your life.*

# Day 5

## RAS and Goals, Part 2

*We think and act not in accordance with  
the real truth, but the truth as we believe it.*

Lou Tice, coach

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*Imagination is the tool with which you architect your life.*

# Day 6

## RAS and Goals, Part 3

*A truly creative person rids him or herself  
of all self-imposed limitations.*

Gerald Jampolsky

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*Imagination is the tool with which you architect your life.*



# Day 7

## RAS and Goals, Part 4

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What you Devalue gets filtered out.*

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*Imagination is the tool with which you architect your life.*

# Day 8

## Subconscious Repository, Part 1

*Any thought that is passed on to the subconscious often enough and convincingly enough is finally accepted.*

Robert Collier

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*Imagination is the tool with which you architect your life.*

# Day 9

## Subconscious Repository, Part 2

*Your subconscious mind is a repository. It stores patterns, habits, and preferences. Your subconscious constantly co-opts anything you do repeatedly and tries to make it automatic.*

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*Imagination is the tool with which you architect your life.*

# Day 10

## Subconscious Repository, Part 3

*What you repeatedly believe to be true  
also gets stored,  
whether it's true or not.*

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*Imagination is the tool with which you architect your life.*

# Day 11

## Adaptive Unconscious, Part 1

*The moment a person forms a theory, his imagination sees in every object only the traits which favor that theory.*

Thomas Jefferson

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*Imagination is the tool with which you architect your life.*

# Day 12

## Adaptive Unconscious, Part 2

*The AU resolves differences between the pictures you have stored in your subconscious repository and the way things appear “out there” in the world.*

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*Imagination is the tool with which you architect your life.*

# Day 13

## Adaptive Unconscious, Part 3

*It aligns pictures (the inner picture and the outer), it maintains “Truth” or “Reality” (however you define truth or reality), and it creates motivation (to align pictures and to achieve goals).*

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*Imagination is the tool with which you architect your life.*

# Day 14

## Reality Thermostat, Part 1

*If you put yourself in a position where  
you have to stretch outside your comfort zone,  
then you are forced to expand your consciousness.*

Les Brown

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*Imagination is the tool with which you architect your life.*



# Day 15

## Reality Thermostat, Part 2

*The mind has its own deep, innate mechanism, like a thermostat, that continually tries to make sense of the world, to keep the world within a comfortable range.*

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*Imagination is the tool with which you architect your life.*

# Day 16

## Experts

*Science is the belief in the ignorance of experts.*

Richard Feynman

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*Imagination is the tool with which you architect your life.*

# Day 17

## The 95% Rule

*Say to yourself, "Yes, I believe that's 95% true; of course there is a chance I could come upon evidence or arguments that can change my mind."*

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# Day 18

## Self-Talk, Part 1

*The Possible's slow fuse is lit  
By the Imagination  
Emily Dickinson*

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*Imagination is the tool with which you architect your life.*

# Day 19

## Self-Talk, Part 2

*Your Self-Talk programs your Subconscious  
like a programmer programs a computer.*

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*Imagination is the tool with which you architect your life.*

# Day 20

## Self-Talk, Part 3

*Negative, sarcastic, devaluing, and objectifying self-talk reinforces a negative self-image. A negative self-image establishes subconscious patterns of behavior that can degrade how you perform in the real world.*

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# Day 21

## Imagination Exercises, Part 1

*Imagination is everything.  
It is the preview of life's coming attractions.*  
Albert Einstein

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*Imagination is the tool with which you architect your life.*

# Day 22

## Imagination Exercises, Part 2

*The way to break the Self-Talk Triangle is to reprogram your mind's auto-pilot.  
Take hold of your inner dialogue and work hard every day, every hour,  
every minute, to release the negative pictures and negative talk.*

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*Imagination is the tool with which you architect your life.*



# Day 23

## Imagination Exercises, Part 3

*You write it. You mentally say it. You vividly picture it,  
investing it with as much emotional feeling as possible.  
That combination gradually begins to change the pictures in the mind.*

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*Imagination is the tool with which you architect your life.*

# Day 24

## Kitchen Remodeling

*When you remodel a kitchen, there is a time you are without a kitchen.  
You must inspire yourself with the new vision long enough  
to carry through the transition period.*

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# Day 25

## Pygmalion Effect

*We can uncritically accept subconsciously  
pictures other people hold of us.  
And we can unknowingly influence the pictures of others.*

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*Imagination is the tool with which you architect your life.*

# Day 26

## Goal Setting, Part 1

*Effective thinkers do not blame things outside of themselves; they feel their center of control inside themselves, not in external people or forces. Effective thinkers believe in their own ability to make things happen.*

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*Imagination is the tool with which you architect your life.*

# Day 27

## Goal Setting, Part 2

*You must become an End-Result Thinker to overcome blind spots. Once you set a goal, then your RAS and your Adaptive Unconscious lets through the information you need to achieve your goal, and supplies the energy to achieve the goal.*

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# Day 28

## Goal Setting, Part 3

*Goals create energy and motivation.  
Imagination creates goals.*

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*Imagination is the tool with which you architect your life.*

# Day 29

## Motivation

*Once you understand the picture-power of individuals, you can understand how manipulative people can “program” into you emotional, reactive trigger points that create a picture of yourself designed to get in the way of you seeing the truth.*

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# Day 30

## Authorities

*People we perceive as powerful authorities can,  
with a single affirmation, change our pictures of ourselves.*

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*Imagination is the tool with which you architect your life.*



# Day 31

## Present, Past, and Future

*You recall pictures from the past. You perceive filtered pictures of the present.*

*You imagine pictures of the future.*

*To your subconscious, all pictures are Here. Now. In the Present.*

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*Imagination is the tool with which you architect your life.*

# Day 32

## Creating from Soul, Part 1

*Imagination is the eye of the soul.*

Joseph Joubert

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*Imagination is the tool with which you architect your life.*

# Day 33

## Creating from Soul, Part 2

*When you create from the mind, you can create only what the mind can imagine. When you create from Soul, you can create what the mind cannot imagine.*

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*Imagination is the tool with which you architect your life.*

# Day 34

## Creating from Soul, Part 3

*Creating from Soul is not about trying to create a specific picture of what I want. When you create from Soul, you aim for a “state of consciousness.”*

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*Imagination is the tool with which you architect your life.*

# Day 35

## Creating Your World

*Creative people are curious, flexible, persistent and independent  
with a tremendous spirit of adventure and a love of play.*

Henri Matisse

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*Imagination is the tool with which you architect your life.*

# Day 36

## Creating Community

*Your success and happiness lies in you.  
Resolve to keep happy, and your joy and you shall form  
an invincible host against difficulties.*

*Helen Keller*

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*Imagination is the tool with which you architect your life.*