



# THE POWER OF SIX

Gayleen Williams  
with Linda Hancock Moore

*A fast easy way  
to change a  
negative thought  
to a positive thought ...*

# The Power of Six

A special report based on the eBook,  
**YOU CAN TALK YOURSELF INTO ANYTHING**

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**For more information on the eBook this report was based on please visit [www.YouCanTalkYourselfIntoAnything.com](http://www.YouCanTalkYourselfIntoAnything.com).**

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**The eBook YOU CAN TALK YOURSELF INTO ANYTHING** this report was excerpted from is available at special quantity discounts for bulk purchases for sales promotions, premiums, fund-raising, or educational purposes. For more information, please call 877.306.1084 or email [gayleen@thehappinesstoolkit.com](mailto:gayleen@thehappinesstoolkit.com).



Gayleen Williams is also a professional speaker. For more information, or to book her for an upcoming event, please visit her speaker website: [www.MissHappiness.com](http://www.MissHappiness.com).



*"The more man meditates upon good thoughts,  
the better will be his world and the world at large."*  
~ Confucius

*"If you hear a voice within you say 'you cannot paint,'  
then by all means paint, and that voice will be silenced."*  
~ Vincent van Gogh

**L**isten carefully to what you say to yourself because what we say to ourselves is very, very important. What we allow our self to hear in our mind molds our life.

Self-talk is the conversation we have with our self. It is our inner dialogue. As we go about our day, we make comments to our self about almost everything. Whether we are aware of it or not we talk to our self almost constantly. Many of us have been programmed with many negative attitudes that we repeat to ourselves, instead of repeating positive things. While that's the bad news, the good news is that **you can change your mind**. You can take control and decide what you think and what you tell yourself.

The person that you talk to most everyday is yourself. **Over our lifetimes the most important things that are said "to" us, are said "by" us.** Do you nurture and encourage yourself, or most often put yourself down and say negative, critical things? What you say to yourself can be the difference between success and failure. You can be either a critic or your own best cheerleader.

Let's learn to not listen to the negative "mind chatter" that goes on and on from our negative programming. The good things we learned as a child, as well as the negative things, are like tapes

that play again, and again, in our head. These negative thoughts will continue to play repeatedly until we have the courage to stop them by replacing them with more constructive, helpful, loving and supportive thoughts.

### 90,000 Thoughts a Day

We have as many as 90,000 thoughts and 600,000 bits of information in a day! Many of these are the same ones repeated; however, that is still a lot of thoughts. If most of those thoughts are negative, how dangerous is that?

Talk is verbalized thinking and those 90,000 thoughts that we have everyday can help us or hinder us. We can then change our life by changing our words. It truly is that simple: different input, different output. Pay attention to the chatter in your head – it can be either your best friend or your worst enemy!

Dr. Robert Anthony commented, "What you must do is police your speech and turn such self-defeating statements around. The way to program your mind is to use positive affirmations and repeat them repeatedly until your subconscious accepts them as reality. In psychology, this is called the Law of Predominate Mental Impression. When you keep saying that you are sick, your subconscious is required to make you sick; if you affirm health, it is required to make you healthy. Be careful not to create a contrary situation by saying to yourself that you feel great, then, the next minute when someone asks how you are, telling them you feel terrible just to get their sympathy. Switching back and forth only confuses the subconscious, and this will have repercussions in your life."

Our subconscious mind does not know the difference between fact and fiction. It is as if your brain is a computer. It only knows what we tell it. So, monitor the input; feed it positive data to get positive output. I quote Mr. Takacs, author of YOUR MIND CAN DRIVE YOU CRAZY (ONLY IF YOU LET IT), "Remember your subconscious is your obedient, 'Yes Boss' servant. When you say, 'I have this drinking problem' or 'I have a terrible cold' your mind simply agrees with you. Don't feed your mind negative garbage! Feed it positive thought!" He went on, "Before you set about to dismantle your own conning tower ... alter how you use it. Use it to 'con' yourself in a positive direction."

Oh, and please don't argue with yourself. Remember our brains are computers. Computers don't understand an argument. They do, however understand replacing a negative with a positive and will accept the corrected sentence as the new fact. I coined the term Positive Expectation Statements™ for what others may call affirmations, because I feel this is a more powerful description. I have created an action tool that utilizes these statements in a very effective manner to replace our negative thoughts with positive ones.

Experts have determined that we have a preponderance for negativity, which means it takes more than one positive to negate each negative. We have a shield between our conscious and subconscious mind and, in order to reach the subconscious, we need to distract this shield. An effective way to do this is to feed your mind a number of positive statements, allowing the shield to slip aside and letting the positive statements in. It's like I said, a computer understands replacing something, and our brains are like a computer. ☺

### The Power of Six

The idea is to create a positive statement to replace any negative statement we recognize we have said. We want to create a Positive Expectation Statement™ utilizing six to eight words so this is easy to implement.

It might be easy to start with the basic Positive Expectation Statement™: "I am now experiencing perfect \_\_\_\_\_." (You add whatever word you want to replace the negative thought.) For instance, if you hear yourself saying, "I think I'm getting a cold," you would say, "I am now experiencing perfect health" at least six times.

Here's what makes this simple. The above statement is six words. If you emphasize each word in order, you can easily repeat your Positive Expectation Statement™ six times. Here's an example:

1. **I** am now experiencing perfect health.
2. I **AM** now experiencing perfect health.
3. I am **NOW** experiencing perfect health.
4. I am now **EXPERIENCING** perfect health.
5. I am now experiencing **PERFECT** health.
6. I am now experiencing perfect **HEALTH**.

The statement could be about wealth, happiness, intelligence, or any positive word(s). Replace the word "perfect" with another positive word if you like. Just have it be at least six words. You can use any six words that work for you. However sticking to a basic script will help you do it spontaneously, quickly and easily.

Here's a great Positive Expectation Statement™ to end this special report with:

***"I fill my head with positive thoughts."***

(7 words)

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The previous special report is an excerpt from the eBook, YOU CAN TALK YOURSELF INTO ANYTHING, which is available online at [www.YouCanTalkYourselfIntoAnything.com](http://www.YouCanTalkYourselfIntoAnything.com) for only \$7.00.

Gayleen is a professional speaker. You can find out more at her speaker website, [www.MissHappiness.com](http://www.MissHappiness.com).

Please feel free to share this special report with anyone you feel will benefit from it. Just make sure that you do so by sharing it in its entirety.

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