

21 DAY
MONEY MINDSET
PROGRAM



Day Eight
Action Power Step

Publication Notice

Ann Rusnak - A R Success
Marketplace Strategies Inc.
16205 Chatfield Avenue
Cleveland, OH 44111
1-216-941-7059

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Day 8 Action Steps

The Trust List

A good friend of mine forwarded an article to me when I shared with her my year theme for 2012 was Trust and Faith.

This article is about creating a Trust List by Danielle LaPorte... As long as I give her credit, I can reprint it here.

This was something I added to my yearly Chart My Destiny Journal. I keep adding to my trust list throughout the year.

Create a "What I Trust List". Whenever you need it.

FOCUS ON THE PRESENT. The whole point of this exercise is to access the trust that *already* lives in your being. It's *not* about generating new trust, or visualizing outcomes, or affirming your way into positive thinking. Those techniques are useful, but they can also turn into mind tricks. We're concentrating on presence here.

Sometimes, the fact of the matter is that you don't fully trust that something will work out in your favor. You have doubts, you're anxious, you have reason to be cautious – and you're going for it anyway. This is the definition of courage: *Regardless of concerns, I'm givin' 'er!* **It'll be easier to give 'er if you're anchored to what's already working in your life.**

WRITE IT OUT. It's important that your *What I Trust List* be written, out. The movement, hand to vision, will help your psyche take in the comfort. Imagine that your mind is like a lung, inhaling and exhaling as you account for all that you know to be true. Ahhhh.

SPEAK IT OUT. If you're an audio-learner, speak it out. Leave yourself a voicemail, or a voice-memo on your mobile, or talk to yourself. Kindly.

STREAM YOUR CONSCIOUSNESS. Just let it pour out – but, again, **don't include things that you don't fully have trust in.** It's okay if your list is short. Brevity is better than bravado. It could be one word if that's what feels true. It could be six pages in your daytimer if that's real.

I trust my love for... I trust my integrity. I trust how much my mama loves me. ... I trust that my guides are watching out for me. ... I trust that she'll be there when I call. ... I trust that there's always another idea. ... I trust that I can always get a job. ...

GO "OBVIOUS" IF YOU NEED TO. Nothing is too great or too small to put your trust in. Sometimes the most basic and primal things will give you a boost, especially if you're finding it difficult to think of things that you fully trust in.

I trust my next breath will keep coming. ... I trust the sun will rise tomorrow. ... I trust Sparky will be wagging his tail when I walk in the door. ... I trust that the snow will melt. ...

Trust now. Trust in The Now. Consciously access what you know to be positively, life-affirmingly true. And that sureness will become a bridge to what's possible.

1. Start Your Trust List Below

2. Complete Day Eight Inner Reflection Questions

1.

2.

3.



Notes & Thoughts