Tool # 1 - Allowing Statements

Allowing statements are created to help you understand the possibility (which is the opposite of doubt). Whenever you hear yourself doubting that something will happen, create some Allowing Statements to move your thoughts to a more abundant place. Here are four guidelines for creating your allowing statements.

1. Is there anyone on the planet having or doing this now?
2. If so, how many today, yesterday, tomorrow, next week, etc.
3. Make it believable
4. Exclude reference to yourself

Examples: *1000s of people are meeting their ideal mates today…*
1,000,000s of people met their ideal mates in the last 12 months…
Right now, 1000s of ideal mates are having their first date…

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