



Exercise 1 – Committing to change

(This exercise comes from the second edition of the book Cellular Attitude. It is provided here for readers that want to print out the exercise rather than complete it in the book.)

Make a choice now and decide that you are going to start making changes.

If you're ready, then using the space below, write down your statement of commitment to change. It may be as simple as 'I want to change my attitude, I will change my attitude,' or it may be a longer declaration of intent.

Positive affirmations work in the present. Whilst stating 'I want' helps, affirmations allow you to mentally set a goal to reach, quickly, almost immediately. For example, 'I will start being positive in life', has an immediate result of starting to be positive in life.

Other samples could be:

I am a positive and happy person
I enjoy living
I have a Cellular Attitude
I am going to be focussed today
I will communicate clearly today
I will eat healthily today

Please note that you have to frame these 'in the positive' as saying 'I'm no longer affected by negative thoughts' will have the reverse affect. (In affirmations, the 'no' will be ignored by the brain. You will effectively be saying 'I'm affected by negative thoughts'. A good example of this is: Don't think about pink elephants dancing. What are you thinking about? Pink Elephants, of course)

Write your name and the date you are writing this declaration.

Name: Date:

Once you've written this statement down, read it aloud a few times with meaning and make that commitment now. This is known as an affirmation. Record it if you want to review it later.

Well done!