

Stop day dreaming & write out what you truly desire in life.

HOW TO WRITE POSITIVE SENTENCES

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HOW TO WRITE “POSITIVE SENTENCES”

*STOP DAY DREAMING & WRITE OUT WHAT
YOU TRULY DESIRE IN LIFE!*

By
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Welcome

Please take the time to read everything prior to getting started!

Thank you for purchasing my e-book on positive writing. Since I am not advertising this e-book, you must have read my novel based on a true story ~ Separated by Dreams. I received an overwhelming response from the people who read my book asking for additional information on how to start their positive writing notebooks, so this is how my e-book took flight.

If you have not read my novel, I would like to ask you to please go on-line www.separatedbydreams.com and order it and read it prior to starting on your new Positive Writing Sentences. It's important because there are stories and situations mentioned as well as many positive sentences in the novel that will not be mentioned here, you will be using both the novel as well as this e-book.

I began receiving feedback from a majority of people who had read my book and I was truly thankful for this. I heard from people who rarely ever dream about having anything other than what they currently have. There were people who would tell me that they were not raised believing that they could ask for anything. Lastly, there were the ones who said they would have never believed in anything like this, yet because they have had a change of heart, they are ready to learn how to write out their dreams.

One important fact that I would like for you to understand is that it would be better for you to write in your notebooks and to keep them to yourself. Let me explain it to you this way...

When you begin envisioning your dreams and I ask you to write them out, some of the things you might write could be totally out of your current reach at this point in time. Your dreams could sound so ridiculous or exaggerated to others, that you could be embarrassed if someone else were to actually read your sentences.

Let me tell you a story. Years ago I had a notebook with some sentences written out for dreams that I had totally forgotten about and the notebook was put away. Someone I was dating at the time saw it and read it. This person laughed at me and said “You couldn’t possibly think you could make \$\$\$\$ per year.” HA HA. Then before I could tell him that I had already surpassed that amount, he continued by saying; “and you don’t honestly believe that you could possibly retire at 40 years old?” He continued to laugh. Well, I ended up retiring from the 9-5 Monday – Friday business world at 41, so I was only off by one year.

The point of the story is, sometimes those types of comments can really pierce your heart and take you back and make you start all over again. These types of comments from people close to you can create such doubt that you could mentally cancel out your positive sentences.

SO, LET’S ALL KEEP OUR NOTEBOOKS TO OURSELVE’S OK!!

I will take this one step further because it’s important. The thing is, sometimes we get so excited about our dreams that we want to shout them out and tell all our friends and family because it’s so much fun to start dreaming like this.

Let’s take a group of 3 adults and let’s say there’s 1 person out of the group that appears to have everything they could possibly want in life and it’s as if everything drops into their lap. When this person (we’ll call this person lucky) starts talking about something big they would love to have in their life, it’s most likely that the other 2 adults are thinking, “doesn’t this person have enough...what about me?” This isn’t saying that they are negative, they are human and they are experiencing jealousy without knowing it. This doesn’t mean they don’t care for their friend deeply; it’s their human side coming through to the surface. They would love to be in the other person shoes, even if just for a short time. But remember the grass always looks greener on the other side, right? There are correct times and places to share your dreams.

Remember when you were growing up and you heard all kinds of sayings from your parents, grandparents, aunt's and uncle's. Those old sayings that filter down through the generations such as:

- **“Money doesn't grow on trees”**
- **“You have to work hard for your money”**
- **“It's who you know...not what you know”**
- **“You'll marry a man who will take care of you”**
- **Then of course there were different things you heard depending upon your race, ethnicity, and religion**

You may even have some of your own sayings that you've created that you can add to the list. I'm going to ask you to work on putting these old sayings behind you. Yes, they are part of you and they will pop into your head now and then, especially if they were hammered into you in your younger years.

Do yourself a favor when you do think or hear some of these old sayings, first recognize it and then remind yourself that those sayings are no longer working for you in this day and age. You can do a few things, either tap yourself on the cheek, or make some noise such as a quick snap of the fingers or a clap of the hands. I'm telling you, this works. It may not happen overnight, but if you do this every time a saying pops in your head, they will begin to fade and some get removed completely!

We can lay blame anywhere as to why things haven't happened for us. But, I'll tell you one thing. They can't begin to happen for you when you haven't chosen to even BEGIN DREAMING! Many of us have dreamt of different things, but very few of us have really gotten down to the nuts and bolts of the dreams. IT'S ALL IN THE DETAILS!!!

When you begin to write out your dreams you'll see and feel all the things that have been in and on your mind and in your heart all these years. I feel it gives your soul renewed space for new dreams and desires to come in. By the time you're done writing out your dreams you will be clear about what you desire in your life and that often makes it easier for you to visualize.

Getting extremely specific with all of your desires is a great thing to do for yourself and it's a great experience! Some folks may feel guilty for desiring things in their lives, especially if they grew up hearing; "Don't ask for things." Perhaps you heard that it wasn't right for you to want things. Some people have said to me that they feel if they do this positive writing, then they won't be living "in the moment." I'm here to tell you that it's untrue because your soul knows your true desires, even if you never speak them. So, let's get them onto paper and start having some fun!

Some books speak negatively about the word "WANT" because at times it sounds needy. If you use the word DESIRE, it takes on a whole different tone. The word want seems to imply "Hey, where's my stuff" and the word desire takes on a tone of simply asking, then allowing and receiving. So use the word that feels right for you.

Let me tell you a quick story before getting started and please read this quick little story...it's important.

I began working when I was 16 years old at one of the local banks in my hometown. You may remember this story from my book. I started at the bank and moved to their finance division. At the age of 20, I was managing a finance company and then spent 6 years at a local mortgage company. After 16 straight years of finance, banking and mortgages, it was time for me to try something completely different and I did.

I went to work at a local start company called No Fear yes, I'm sure you've heard of them; they are not so small anymore, but at that time they were truly in their start up phase and there I was trying something completely different for a change.

At all my previous jobs I was used to getting benefits and paid vacations etc., and I kept asking myself; "What am I doing here? I don't belong here." It was 1991 and I went to a local coffee shop and was sitting there thinking about a small booklet I recently read about positive writing. I don't remember who wrote it but I do remember that it was something very new to me at the time. I grabbed a napkin and wrote out the following:

- 1) My starting salary is \$40,000**
- 2) I receive a company car**
- 3) I appreciate my new career direction**
- 4) I'm my own boss**
- 5) I have excellent benefits**
- 6) I get paid commissions**
- 7) I get 2 weeks paid vacation immediately**
- 8) I get large pay raises often**

I am not lying to you when I tell you that I wrote this on a Monday and a couple of days later, I got a call. This lady with a Georgia accent called me and I thought it was a joke until she told me that she was referred by a lady that I had worked with on a telecommunications project months before. I had tested the telecommunication waters a few months before going to No Fear to see if it was something I wanted to learn.

She asked if she could meet me for breakfast that next morning and I said sure. I put on a business suit and showed up for the interview. We were both on time. It wasn't even an interview. We hit it off and I am NOT kidding you about what came out of her mouth after only 20 minutes into our conversation.

She said; "I really don't have time to mess around here." I have to hire someone immediately and you are perfect for the job. You came highly recommended and I want you to come to work for me.

- We'll start you off at: \$40,000 a year & Commissions**
- You'll receive a brand new Taurus – company car**
- You'll receive an American Express credit card in your name**
- You'll receive all your paid benefits**

My eyes must have bugged out of my head at the time. I began looking around the room expecting someone to yell “You’re on Candid Camera,” or something...but it didn’t happen.

I asked her what the job was and she said it was in sales and not to worry, she would show me what to do. Then, she asked if I could start the following Monday...we would be flying to Dallas and she would show me all the different products, etc. It was the telecommunications industry.

OK...that’s all the good stuff. Now, let me tell you what happened. I got everything I had written down. The nightmare didn’t start right away...it waited to rear its ugly head.

She ended up going through a divorce and going a little wacky. She was drinking a lot and doing who knows what type of drugs, and things got UGLY! Her behavior made my life a living hell and I felt totally trapped. It was horrible!!!

I tried telling the President of the company what was happening but he wouldn’t do anything about it. Then I tried telling the owner’s son about it and he wouldn’t do anything about it. Come to find out, she had been doing who knows what with them and it got even uglier.

The whole thing made me physically ill and I ended up in the hospital very sick to my stomach. This went on for years, so I just want to get it across to you to **BE CAREFUL WHAT YOU ASK FOR AND HOW!!!**

Please please please watch your details and be specific!!! See the job/employment section for details!

After years of being extremely miserable with my boss, I was reminded about the positive sentences that I learned back in 1991. So, I began writing out as many sentences so I could to get away from the craziness. Eventually, a huge worldwide global company called me and made me an offer that I couldn’t refuse. As miserable as I was there at that job, I politely gave them a 2 week notice.

Six or seven years later, I went to work for another start up Company in my home town and that's when I began giving positive writing sessions to people. It was funny how it happened. I would help one person and then another person would come into my office, close the door and quietly say, "Don't tell anybody, but I would like to know if you could help me the way you helped the other person." Sure I would say...but why are we whispering. They would smile and walk away. I guess some people thought it was some type of woo woo thing...but it's just writing. After helping many people there at the company, I retired from the business world.

I began giving positive writing sessions at a Day Spa in Carlsbad and it really took off. People were having some amazing experiences and it was wonderful. Women, men and even teenagers were coming to me and it felt great because I would learn something with each session.

One time I sat down with a gentleman who owned Lear Jets, over a dozen Companies and unlimited patents on products we all use everyday. He sat in front of me acting like he was all that! He was refusing to write anything down and sat on his hands like a child. I said to him, why are you here? He said my wife is forcing me to sit with you and I'm going to refuse to write, so I can tell her that I did what she wanted me to do. I'm here aren't I?

He continued to tell me what he had, but never got into "who he was" as an individual. He told me ALL about his education and believe me...he was EDUCATED! I in turn honestly told him that I was not educated in the school system but that I had been educating myself for years with life lessons which included many books and people as well.

He continued to refuse to write any sentences until I stepped out of the room for a moment. When I walked back in I noticed he had been writing sentences. So, I figured out that this was a special case and I had to work around his situation. Let's just say that I made excuses to go in and out of the room while he wrote comfortably.

By the end of the session, he was in tears. He had all the money in the world yet he was very unhappy. He couldn't remember the last time he had a good laugh. He couldn't remember the last time he watched a funny movie or show with his family. It was one of the most difficult days for me, yet it was a surprise for the both of us. When he was leaving I suggested some hilarious funny movies to watch and he agreed to make time. I also suggested that he played as much golf as possible, since he loved it so much and he said he would MAKE the time to play. With a smile on his face he left and then came right back in to bring all of us at the Spa goodies from his different Companies and he walked out with a smile.

Before we get started on your homework notebook, I would like to bring up something that didn't make sense to me when I first heard it, but later on sunk in. You must be careful with asking for things for other people. If you are making a sour face right now, believe me, I have a son in his 20's and I would love to write out sentences for him, but I have him do his own writing. There is some danger here even though it doesn't seem like it. They have their own life lessons to learn. You see, we don't know what's for their highest good. We may think we do, but we don't.

Have you ever heard the saying, "You can lead a horse to water, but you can't make them drink?" Well, this is true and that is another reason you should never want, dream or desire for anyone other than yourself. We may think we know others really well as far as what they really want deep down inside. But they are the only ones who really truly know what they want in life. We can of course pray for their highest good.

The real danger is timing! When you try to force things into peoples space when it's really not supposed to come around for a year or so or never, it could put a ding in their life paths as they go along. Perhaps they had some learning lessons along the way and somehow we pushed them forward and they skipped that very important lesson. We don't want them to have to get the lesson later on in life when perhaps they were supposed to get it right now and get it over with.

I'm sure you've heard the stories of people saying; "Yeah, I helped my friend get a job and the jerk wouldn't show up on time. My lazy friend made me look bad in front of the company." This is because WE want things for our friends and family because we care for them, yet, if they don't deep down inside want to work or have a job, we can't force it. Let's help those who choose to help themselves and let's not try to force help on anyone else. It really is wonderful when they come to us for help and they are ready, willing and able. That's when the timing is correct for all concerned.

Now let's get started

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