

Module 4 – Building Block 1: Character & Action

Place yourself in a comfortable position and read the following affirmations. Remember it is not important that you believe in the affirmations. You are addressing your unconscious with conviction and the unconscious responds to repetition.

1. I trust my intuition to help me write the best memoir I am capable of. My intuition is a reliable guide.
2. Everyday, I am becoming more and more skilled at crafting a memoir. Learning and applying craft is proving so easy.
3. I do not let my feelings dictate when I write. I write according to my commitment to my schedule. I let my schedule tell me when to write.
4. I appreciate all the skills I am learning to write a better memoir. Writing well is not only easy—it is fun.
5. I am so grateful that, by sharing my experience, I am helping other people. It is wonderful that my experience can guide others.
6. I let go of what other people want me to write into my memoir and write from my own authentic self. I am sharing my experience honestly and in a caring manner; I am not proving myself to anyone—including me.
7. The story dictates what I write. I can let go easily of my presumptions and write what my interviews and research inform me to write.
8. I recall sense details that inform my story. I am grateful for my vivid memory. I use all five senses to recall details and I am not disappointed.
9. My hero's tale is one that I celebrate and honor. I have a story to share that is important.
10. I take the time willingly to revise my story. It is a pleasure to do so. Writing is so much fun.
11. I trust my ability to write through difficult material. I deal constructively with fear and turn it into a strategy.