Free Tool

SELF *(OR SIGNIFCANT OTHER)* *Fulfilling Prophecy*

"Your life is a reflection of your thoughts. If you change your thinking, you change your life." — Brian Tracy

By Molly

What's a Self-Fulfilling Prophecy?

A Self Fulfilling Prophecy is a strongly worded intension. It's goal is to be **a statement you want to be true, but don't feel is true yet.**

For example, if I struggle with self-esteem and create a lot of hardships in my own life because I have the self-limiting belief that people don't like me, new people won't like me, or I think most people probably feel unfavorably towards me, a Self-Fulfilling Prophecy will reflect the exact opposite of these problems.

In the above example my Self-Fulfilling Prophecy could be: **"I always attract the most amazing people to me. I am confident in my own worth. I am beautiful, kind and funny and everyone always see the best in me."**

What Could Creating Self-Fulfilling Prophecies Do For Me?

Your personal universe is nothing more than a MIRROR for all you put out in this world.

Your reality mirrors every thought, every action, and everything you verbalize.

If you are going around with holes in your self-esteem, with a "lack of abundance" mentality, with internal statements of any form of low self-worth, you see all of those holes mirrored to you, through others.

You attract exactly what you feel about yourself like a magnet. This is why it is incredibly important to do inner & self work, be kind to yourself, and practice self care. **If you walk around feeling small you will attract others who help to keep you small.**

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The more you work on how you feel about yourself, how you present yourself to the world, and how neutral and peaceful you are able stay, the less and less drama, problems, and perplexing situations will enter your life.

The Power of Written Words and Harmonics

Writing down what you do want to be true, through the style of the T-Bar Tool or this Self Fulfilling Prophecy Tool, is VERY POWERFUL!

Writing slows you down a bit and helps you focus with clarity on what you do really want to be true for yourself. **Just by getting words on paper you are announcing to your spirit and to your universe what you want your reality to look like.** You are making clear the experience you desire in a way where your spirit can understand you and support you!

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Many people don't understand why, when they simply talk inside their own heads, that they don't get results.

Your spirit does not receive the communication of mind chatter!

Your epicenter of spirit is in your chest, the area of your HEART - NOT your MIND!

When you write you are getting those words out into physicality, where they can become manifested.

Even stronger is using your harmonics, which are connected to spirit when you are at peace. When you state what you want, when you state your Self-Fulfilling Prophecies OUT LOUD, with authority, you are going to bring them into your reality faster and faster.

So as you create Prophecies for yourself write them and say them with authority often until the ARE true in your reality.

Significant Other Fulfilling Prophecy

Words you say, write, or feel about others also manifest into reality. When you feel harshly towards someone, they are absorbing that. What we project causes unnecessary hardship on others as well as further installing whatever pattern, "annoying" quality, rudeness, etc. is bothering you.

Just as you can change your own universe with the statements you write and speak about yourself, you can change how you perceive another person and how they react towards you.

Example: You have a spouse who always has their nose in their phone and is never spending quality time with you or your kids. It is causing all sorts of emotions for you. You might write down **"(Spouse's Name) is so attentive to me and the kids and loves spending time as a family."**

Self (or significant other)
Fulfilling Prophecy Worksheet

For yourself or a problematic relationship:

- WRITE DOWN THE STATEMENT YOU WANT TO BE TRUE
- Then start writing it & speaking it with frequency
- Watch your reality completely change

The state of your life is nothing more than a reflection of your thoughts, emotions, and reactions. Change your programming & change your reality.