

MATTMCWILLIAMS

Live with Passion. Lead with Purpose. Leave a Legacy.

The Key to Unleashing Your Full Potential (And Helping Others do it, Too)

The Power of Positive Declarations

Has anyone ever spoken words over you that changed the course of your life? Have you ever heard or read something that ignited something on the inside of you that forever changed who you are? Then you know the power of words. And it's the words that you say, that you declare, that hold the key to unleashing your full potential.

By the time you read this, I might be cradling a newborn baby in my arms. As I write this, my wife, Tara, is due with our second child any day now. So, naturally, my mind is racing with thoughts of all the things I'll need to do for this child as his or her father.

Words Are Powerful

Our daughter (our first child) is four years old. From the beginning of her life, we established that words are powerful. Before she could even speak or even fully understand the words she was hearing, our daughter heard these words every night:

You are smart.

You are beautiful.

You are creative.

You are talented.

You are blessed.

You are healthy.

...and more. Every night, we spoke these words over her.

As she grew old enough to say the words herself, she began to say them herself.

I am loved.

I am confident.

I am strong and courageous.

I am generous.

I am disciplined and focused.

I am a world changer.

Daddy, Will You...

I'll never forget one night, when she was two years old, I forgot to do her declarations. It was late and we were in a hurry to get her to bed and it slipped my mind.

As I was putting her into bed, she looked up at me and said, "Daddy, will you please hold me to do my declarations?"

As a father, I could not have been more touched or more proud.

And we began:

I am smart.

I am talented.

I am creative.

What if No One Told You This Before?

A parent's words are important. That's why I speak these words over Aracelli every day and why we'll do so with our next child.

However, you may be like many people I know. Perhaps you are just like me. Perhaps your parents never told you that you had much potential. They never told you that you are talented, smart, creative, blessed, or could accomplish anything, let alone change the world.

But that doesn't mean that you can't speak them over yourself starting right now. It doesn't mean you can't speak them over your own children.

You want to unleash your full potential. You want to unlock your hidden talents and abilities. You want to change the world.

You want your children to believe in themselves, to believe that they have meaning and purpose in this world, to believe that they can change the world.

I want that for you. I want that for our daughter. I want that for all of the children in this world.

So how do we do it?

How to Make Positive Declarations

It's easy to get started. You simply declare truths...out loud.

Right now, declare the best version of yourself or someone else. If you've never done this before, start with yourself. You can't help others if you aren't in the right place yourself.

Pick simple words that describe who you are.

I am talented.

I am creative.

I am generous.

I am energetic.

I put together a "cheat sheet" that you can download for free, but the important thing is to make them your own declarations. Use my list as a guide, but evolve it over time.

Speak them over yourself throughout the day.

Speak them over others.

Start Now

It's never too late to start making positive declarations.

Don't worry about the past. That doesn't matter now.

It is never too late to develop positive, healthy habits.

Declare the truth and unleash all that you are meant to be.

What words have been spoken over you that changed your life?