

## 10 Positive Assumptions to Live By

- 1) ***The meaning of your communication is the result you get.*** In other words it's up to you to get others to understand your message. **You** have to take responsibility for **your** communication
- 2) ***Every human being has their own unique way of understanding and interpreting the world.*** We all think differently, even identical twins!
- 3) ***There is no such thing as failure - only feedback.*** Information you receive about something you did is simply that, information or feedback. It's about your actions and has nothing to do with you personally. You can learn from the feedback or just leave it
- 4) ***If you always do what you always did, you'll always get what you always got.*** If you keep doing the same thing in the same way and expect a different result it'll never happen! You need to change what you're doing to get a different result
- 5) ***We cannot, not communicate.*** As long as you are awake you are communicating things about yourself without using words. Simply by the way you stand, or sit, or even breathe. It's impossible to have "no communication" in your waking hours
- 6) ***You have within you all the resources to achieve what you want.*** Most of us can do most things that we want. Sometimes we just need to be reminded
- 7) ***Behind every behaviour there is always a positive intention.*** Whatever a person's behaviour may be, good or bad, they **gain** something positive from behaving in that way
- 8) ***You create your own reality.*** There is no "universal" reality. Whatever is real to you may not be real to someone else
- 9) ***Energy flows where attention goes.*** Wherever you consistently focus your energy you *will* create that scenario, so think only about the things you want
- 10) ***Those individuals with the greatest flexibility of thought and behaviour have the highest possibility of achieving the results they require.*** Remember the saying "there's more than one way to skin a cat"? Flexibility *will* get you the results you desire

*These assumptions are taken from NLP and written by Sheila Holt*