

Did you have your D-Caf today? is empowering!



Decide Commit Action Follow-through

Use D-Caf to Empower Your Life by DeLores Pressley

- 1. Make a decision right now.** Don't wait for tomorrow to start living today. Stop putting your life on hold waiting to be something that you are not.
- 2. Treat yourself with respect and kindness.** Allow yourself to make mistakes. It was once quoted "If you want to be respected by others, then the great thing is to respect yourself."
- 3. Believe in yourself.** You must believe in order to receive. Give yourself praise. Don't wait to hear it from someone else. Self-praise is empowering.
- 4. Visualize yourself as a success.** There is validity to self-fulfilling prophecy. Whatever we accept about ourselves, we eventually become. Challenge yourself to be a success.
- 5. Take time out of everyday (at least 30 minutes) for self-development.** Read great books or listen to great motivational tapes and DVD's.
- 6. Commit yourself to happiness.** It is your choice to be happy. Happy people are easily motivated.
- 7. Dream big – realize your power within.** If you can conceive the thought in your mind, and believe it in your heart, then you can achieve it in your life. Take some action to realize your dreams.
- 8. Use positive affirmations.** An affirmation is something that you declare, or accept. Affirmations can be positive or negative. Be sure that you are affirming positive actions in your life
- 9. Do something special for a VIP (Very Important Person).** That VIP is you. Always treat yourself special and you will have a special empowered life.
- 10. Use D-Caf to live your life with passion.** Decide your needs, wants and desires. Commit yourself to them. Don't wish, wait, whine and worry – take Action and Follow-through to create the life you desire. You have the power. Use it!