

Truth Cards

In 1997 when I had my great epiphany about the importance of belief in the success equation, I used a technique that was extremely powerful in changing my beliefs.

First I evaluated the “beliefs” I held that I wanted to change, and then I found or created short statements of truth that I wanted to replace them with. I took these truths and wrote them on the back of some leftover, outdated business cards I had. I made two sets of what I called “truth cards” – one for my car and one for my office.

Whenever I took a break during the day, I would take the deck and flip through the cards, reading each one (usually aloud) while adding as much emotion to the reading as I could muster (the emotion is important!). When I was in my car at a stop light, or waiting on someone, I’d do the same (please DO NOT read your cards while driving).

This process, repeated thousands of times over several months, had almost immediate impacts on my attitude and gradually helped change the beliefs that were long embedded in my subconscious.

Some of the “truths” are passages I read by Emmet Fox in his great book [Make Your Life Worthwhile](#). Some of my cards have biblical quotes reflecting my Christian beliefs and are given here only to reflect what I used in my program, not to assert one religion over another. Some are quotes I remembered and may have forgotten the author, but the message held a truth I wanted to embrace. Finally, as I progressed, my own thoughts began to produce truths that I thought meaningful at the time and that I wanted to encourage more of.

As you read the statements I used, you will probably get a pretty good idea of the beliefs that I was trying to change. Yours will no doubt be different than mine but may include some of mine. I am providing my list to spur your thinking --- not to do your thinking for you. It is important that you take the time to find or create statements that will work directly to change your limiting beliefs.

It is also important that you hand write them. While it is tempting to create your list in a word processor and print them on your printer, it won’t have the same effect as hand written cards. Science is yet to fully explain it, but there is an unquestionable link between hand writing them and making impressions on the subconscious.

Finally, I am of the opinion that you can’t use the cards too much. Most people will not get the results they are seeking simply because they don’t discipline themselves enough to affirm the “truths” until they take hold. If you act in Faith that your Truth Cards will work, and then you diligently and relentlessly affirm

them, you will feel your beliefs gradually change. You will note that one of my cards is a quote from *Think and Grow Rich*: “It is a well known fact that one comes, finally, to BELIEVE whatever one repeats to one’s self, whether the statement be true or false.” Nothing could state the importance of repetition more than that.

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Truth Cards

I can do this and I know I can. (My number one card. I repeated this affirmation thousands of times in December 1997. The following cards are in no particular order)

One of the greatest acts of Love you can give to another person is to keep on believing in him even when others have given up.

There is nothing or no situation you cannot overcome if you will believe.

You cannot fully reach your potential until you have learned the principal of helping others reach theirs.

A person is not limited by his environment. He creates his environment by his beliefs and feelings.

All that's required is that you really believe and have no doubt....you can pray for anything, and if you believe, you have it; it's yours. (Mark 11:23-24)

You can change your thoughts and feelings, and then the outer things will change to correspond, and indeed there is no other way of working. (Emmet Fox)

Quit thinking about all of the reasons why you can't do something and think of all the reasons why you can.

The will to do stems from the knowledge I can do.

If you have worthwhile goals and are going in the right direction, all of your needs will be provided for.

Our beliefs about ourselves are the single most telling factors in determining our success and happiness in life.

The real secret of a dynamic personality is to believe that God works through you, whatever you may be doing.

There is no assurance of health and happiness except by training ourselves to think only harmonious thoughts. It is your mental conduct that determines the character of your life.

When you need guidance for an important decision, the way to get it is to think and believe that God is guiding you, and the belief will bring your guidance.

What is Faith? It is the confident assurance that something we want is going to happen. It is the certainty that what we hope for is waiting for us, even though we cannot see it up ahead. (Hebrews 11:1)

Great people just will not be stopped.

Faith is the most motivating force in the world.

People and things will respond and behave for me according to the pattern of my own thoughts.

Fear and hesitation are nothing more than forgetting who you really are, what you really can do.

If it can be done, I can do it.

What you really consider to be a big problem is a big problem for you. What you really consider a small problem, is a small problem for you.

I have more fun and enjoy more financial success when I stop trying to get what I want and start helping other people get what they want.

What you see is what you get.

The opposite of fear is faith.

God is not concerned with conditions, and if you refuse to let them inhibit your thought, they cannot prevent your demonstration. With God all things are possible. (Emmet Fox)

You won't be happy with more until you're happy with what you've got.

Do what you fear and the fear will disappear.

People follow people who believe in what they're doing.

You cannot know anything or experience anything except your own states of mind; and these you can change by intelligent and persistent effort.

The great Law of Being is that we reap as we sow, that according to the thoughts we entertain and the things we believe, so will our experience be. (Emmet Fox)

If the dream is big enough, the facts don't count.

You have the power to become anything that you want to. Set your expectations for yourself and know that you will become whatever you think about.

Believe it and you'll see it. Know it and you'll be it.

It is a well known fact that one comes finally to believe whatever one repeats to one's self, whether the statement be true or false. (Think and Grow Rich)

Let us not be weary in well doing; for in due season we shall reap, if we faint not. (Galations 6:9)

There is no problem that prayer cannot overcome, and no good thing that it cannot bring into your life. (Emmet Fox)

The state of your life is nothing more than a reflection of your state of mind.

The only progress we ever make is mental progress. All things be ready if our minds be so, and this means all progress is a change of mind. The universe is always ready when we are. (Emmet Fox)

Every single condition in your life can be improved if you learn to be more effective at visualizing what you want and having the intention to manifest it.

When you know rather than doubt, you will discover the necessary ability to carry out your purpose.

Our beliefs about ourselves are the single most telling factors in determining our success and happiness in life.

The only limits you have are the limits you believe.

The difference between successful people and ordinary people is ordinary people do what they feel like doing and successful people do what has to be done.

What appears as a permanent obstacle in the way of your desires is only a figment of your imagination.

The most persuasive person in the world is the person who has a fanatical belief in an idea, a product or a service.

Success lies on the other side of fear.

Your most powerful weapon against limiting thoughts is your willingness to clarify and envision what you truly want for your life.

Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer. (Psalms 94:19)

I have nothing to deal with but my own thoughts.

What you believe determines how you behave.

Get excited about your goal and you'll be a magnet.

Feed your Faith and doubt will starve to death.

The highest prayer is praying to be a blessing to others. (Robert Schuller)

If you treat a person like the person you want him to be, he will do his best to become that person.

I can do all things through Christ who strengthens me. (Philippians 4:13)

The way to destroy a negative emotion is to verbalize a positive statement.

Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. (Philippians 4:8)

Positive thinking is a form of thought that habitually looks for the best results from the worst conditions.

Attitude is more important than fact.

I am totally and inherently worthy of love and success.

You have just as much time as the Rockefellers, Morgans or Fords had when they began to build their vast fortunes.

A person is what he thinks about all day long.

No matter what you undertake, you will never do it until you think you can.

Control your thoughts and you control your life.

Learning to use difficulties as the source of positive input is the key to success.

If it was something you could see in advance, it wouldn't be a miracle.

Only two things keep you from what you want: The Faith to believe and the will to make it happen.

Achievement is more than just something you do for yourself; you have to become more than you are so you can inspire people to become more than they are.

Commit everything you do to the Lord. Trust him to help you do it and he will. (Psalms 37:5)

Those who hope in the Lord will renew their strength. They will soar on wings like eagles. (Isaiah 40:31)

An air of expectancy creates momentum.

Your greatest disappointments come from the expectations you put on others.

You will accomplish nothing without the belief that you can accomplish something.

Fear is the lack of Faith.

If you really believe that God is working through you, the quality of your work will be so high and you will receive so much inspiration from Him, that every barrier in your path will fall away. (Emmet Fox)