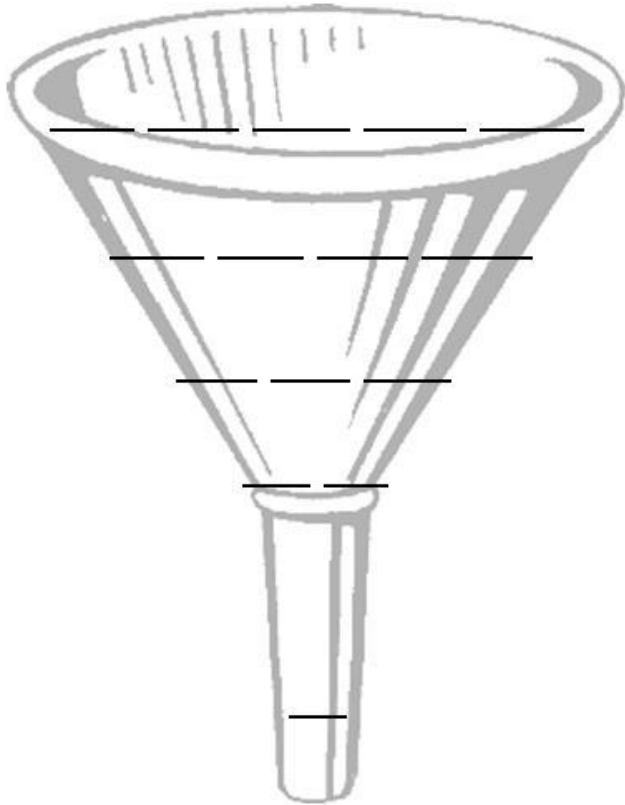


The Universal Law of the Funnel

<https://quitterswin.blog/2018/05/09/the-universal-law-of-the-funnel/>



The Law of the Funnel has always been true and throughout time other people have observed and described it with other words...

“A man is what he thinks about all day long.”

– *Ralph Waldo Emerson*

“A man’s life is the sum of what his thoughts make him.” – *Marcus Aurelius*

“As a man thinketh in his heart, so he is.”

– *King Solomon (Proverbs 23:7)*

An affirmation is a true positive statement that you repeat (aloud preferably) at least a few times each day. Putting a **positive** thought into your **“thinker”** can influence how you **feel** and **act**. In order to quickly make a habit of reciting your affirmation, you may want to associate it with mealtimes, getting up in the morning, and any other familiar daily rituals (like brushing teeth, starting car, answering phone, etc.) Write an affirmation or two in the space below. Experts suggest that avoiding words like “no” and “never” can make your affirmation more effective.

If you have trouble creating an affirmation, use “Today I choose to breathe freely” or “I deserve to be free.”



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