

## **Power of threes helps self-discipline**

**Question:** I am a single mom raising two young boys, ages 11 and 13, and find it difficult to communicate to them the importance of posture and health. I know you treat children. Could you suggest any methods to help me to help them?

**Answer:** When I stated out I practice 23 years ago someone gave me a small short book called the “Power of Threes.” The book claimed that if you desire something (anything) you could make it come true by focusing on it constantly. The book implied that discipline, clarity of desire and repetition could allow your dreams and goals to come true. I must tell you it works. It worked for me 23 years ago and still does today. These are the action steps to create a solution to the frustration in communicating with your children regarding personal health care.

First, get very clear on exactly what you want your outcome to be. Write out all the sensory attachments and precise results and how it will make you feel when accomplished. Reduce it all to one or two sentences. For example: “I will communicate successfully to my children by daily conversation and demonstrations on how to be healthier. We will all be happier and healthier.”

Write it down and post it in places you will see throughout the day -- the mirror in your bathroom, your car, your refrigerator or desk at work. Here is where the “Power of Threes” starts. Read your goal three times, say it out loud three times and tell three people, minimum, daily what your goal is. It is OK to do it more than three times. After a while your mind and body will attract a solution to your goal and it will come true.

A large part of gaining respect and achievement from children is respecting yourself and demonstrating your own commitment and integrity. Children may initially give resistance but will usually follow a good role model such as a parent.

**Quote of the week:** *“When integrity meets creativity, vision naturally grows.”* –

Pat McHenry Sullivan