



Just Say So! ***Declaring declaration as an essential tool***

by Elizabeth J. Agnew

The power of declaration is something that I can no longer ignore. It has surfaced with multiple clients in the last few weeks with a consistency that can only point to my need to hear and share this message. When a subject comes up with multiple clients, I am the only constant in that equation, telling me that it might have something to do with what I'm bringing to the table.

Moving on, let's look at the definition of this mighty word.

Declare, v. – 1. To state emphatically and authoritatively. 2. Announce. 3. State firmly.

To declare something for yourself is to state it, simply and powerfully. Could it get any cleaner than that? All you have to do to begin something for yourself is just say so.

Probably the most common instance of the word 'declaration' that we hear is with the Declaration of Independence. Case in point: the US decided it wanted to be independent, and then said so. Yes, they worked hard to earn it, but all of the action started with a declaration.

This idea surfaced boldly for me at a recent talk I attended where the speaker opened with a question: "Who here is successful?" Amidst some squirming and obvious internal arguments, a few people raised their hands. "Who here is not successful?" Spirits dropping and more squirming, hands rose.

We proceeded to define success, and then followed with characterizations for a lack of success.

But none of it mattered. Our reasons were clunky, customized, unyielding, and most of all, they were in the past.

As we sat with the idea of washing away all the junky reasoning that was only causing us to spin, the speaker broke the silence with a jubilant exclamation: "You're successful if you SAY you are!" That's it. Because what is success but a feeling that can be ignited with a claim?

This allowed success to be universal, timeless, and simple. It was accessible to every one.

The simple beauty and power of declaring what is true for you can slice through any fog. By being willing and committed to your own truth, declarations allow you to empower yourself, and bring the truth into clearer focus as the fog swirls away.

Some people won't declare because they know and fear its power. "If I say that, then I'll have to do it." Yes, that's correct. Only declare that which you want for yourself. And who doesn't want

success? Try saying “I’m successful” right now. Say it. If you don’t want success, you can stop reading right now!

In other words, a willingness to be, have, or do whatever it is that you choose to declare is essential. Why else would you declare it? You need commitment to the declaration itself, even if that means re-declaring on a regular basis.

Here are some declarations that might resonate with you:

- I am successful
- I am ready for a career change
- I will find balance in my life
- I am a loving partner
- I no longer tolerate clutter

The next time you want something for yourself, just say so. Declare it. Once declared, you create the space and power to honor the claim.

Next time you ‘just say so’ about something, find a way to acknowledge the statement. Tell someone, write it down, or post it. Announce your declaration to the world. The more you share it, the more power and momentum it will have.



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