



Deberah Bringelson's Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*



Day 3 – Decide and Commit

Did you watch the videos from Days 1 and 2 and do the exercises? Are you getting in the habit of “living” the material? If not, you need to go back and do them because it will be very difficult to get to where you want to be if you don’t know where you are and where you actually want to be. So, if you didn’t do the first two exercises, please go back and do them now.

Demand Success! ~ Decide and Commit

Have you ever “demanded” success? From yourself and from life?

If you’re like most people, you have taken steps toward success. You may have gone to college, taken classes, sought a promotion, “dressed for success”. But you probably have never said:

“This is what I’m going to do. I demand success from myself and the Universe. And, I claim that success as mine! No matter what I have to do (legally of course!), no matter how long it takes, success is mine and I will take nothing less!”

If you have, congratulations, you’re in the less than 1 percent of the population. If you haven’t then today is the day!

Why This Is Crucial

Why is it important to commit to what you want and to demand it?

The answer rests in the depths of quantum physics. Understanding the specifics of the science isn’t the important part. What it is important to understand is that everything is energy. Everything. There is nothing in our universe that isn’t energy. Thoughts are energy. Words are energy. When you write and speak your words, you create a powerful force that propels you forward. In a way, you are giving direction to the universe about what you want delivered.

When you state it as a command, rather than a request, you're in control. Rather than being a child asking for favor, you're a person in charge of your destiny, saying "that is mine! I claim it! Deliver it to me!"

You're assertive (not hostile or aggressive) but you're ready for your success and you're not going to take no for an answer. Are you?

Quantum Success Action Items

1. **Go back and look at the work you did in Days 1 and 2 where you defined your quantum success.**
2. **Using the work you did on Day 2, write your personal statement claiming that success and demanding it from the Universe.**

Here's an example

I _____ on _____, hereby, state that I am or I claim _____

I, hereby, demand it or something better from myself and the Universe.

3. **Commit to doing everything within your power to make this statement come true.**
4. **This is a great statement to put on your bathroom mirror so that you see it every morning and night when you brush your teeth. Either tape it to the mirror or write it with a dry erase marker. Note: Do not use permanent marker unless you want to replace the mirror when you update your statement! 😊**