

Mack Newton on. . . POSITIVE AFFIRMATIONS



Positive affirmations are a fast, effective way of programming your mind and taking charge of your personality. If you find yourself saying, *this is the way I've always been* or *this is the way my parents taught me to be*, you have allowed yourself to become a victim of traditional or habitual thinking.

Positive affirmations are a way to take charge and become the person you want to be, rather than just hoping you'll get better.

An affirmation is a positive statement that says yes to the possibilities of your life. It says *I can do it...I like myself*.

Affirmations must be couched in the three Ps:

Personal *I can do it*. You can't say an affirmation for someone else. My great-grand mother taught me that when you say "I" you are combining your essence with the spirit of God. That gave me permission to say *I can do anything*. It's not just me, it's a power beyond me.

Present tense *I am, I can, I do....* Don't use the future tense, such as *I am going to....* When you say *I am a non-smoker* rather than *I am going to quit smoking*, you are simply telling the truth in advance.

Positive *I am patient. I eat foods consistent with a trim, healthy body*. Don't use negative statements such as *I am not going to lose my temper* or *I am not going to overeat*. Negative affirmations work as well as positive ones to feed energy back to you. Never follow up your I's with negative phrases like *I am tired* or *I can't do this*.

I have created my own Positive Attitude cards, which are 3x5 cards that I carry with me everywhere. When I begin to struggle with something in my life, I create an affirmation to fit it. Whenever there is a lull, such as when I am waiting in line, I will read one or more cards to myself. If I am alone, I will read it out loud. I read the statement 3 to 5 times, then get a clear picture of myself, being, having, or doing exactly that. Here's an example of some of the Positive Affirmations that I have found useful:

- ❖ *I am healthy*
- ❖ *I am decisive*
- ❖ *I am patient*
- ❖ *I am able to relax at any time*
- ❖ *I like myself unconditionally*
- ❖ *I always decide what is best for myself*
- ❖ *I always speak in positive terms about myself and others*
- ❖ *I like everyone I meet*
- ❖ *I have an excellent memory for names, numbers and facts*
- ❖ *I am persistent*
- ❖ *I am kind*
- ❖ *I am very creative*

Write your own Positive Affirmation cards and keep them with you. After you have used them for 21 days, they will become a habit. Now you will have positive traits rather than negative attitudes dominating your life.

CONGRATULATIONS TO TAEKWON-DO STUDENTS

Taekwon-Do promotion tests in December resulted in the promotion of Michael Diaz and Alex Woodall (both new students) to yellow belt.

"I'm truly enjoying teaching this new Taekwon-Do class," says Mack. "I feel as I did when I first started in the early 1970s, excited about Taekwon-Do and the quality of students I have and where the class is going. Downsizing my Taekwon-Do class eliminated the insincere and uncommitted and now in my smaller class I just teach those who are willing to work hard and search for excellence."

LEARN CREATIVE 3-2 COOKING

You can learn an entire new world of food possibilities when you cook food in the 3-2 style, says Mack Newton. He presents 3-2 recipes on his weekly Power Hour radio show and includes some delicious menus on his web site.

"It's amazing the subtle flavors that you begin to appreciate once you get out of the habit of eating dominant flavorizers like salt and MSG, and begin to appreciate the many ways to cook meat and fish as well as greens, Chinese vegetables and other exotic vegetables," says Mack. Many varieties of herbs, spices, sauces, and marinades make 3-2 eating flavorful and delicious.

Presentation as well as preparation is important. Meals that are picture-perfect and appealing to the eye stimulate your taste buds.

Here's one example of the mouth-watering meals you can prepare:

SEARED SALMON WITH SESAME-SPINACH BOK CHOY

Sauteed shitake mushrooms, fresh garlic, baby greens, sesame seeds and Asian seasonings create a colorful and delicious accompaniment to seared salmon.

You can find the complete recipe for this meal and more at www.macknewton.com or listen to the Power Hour broadcast.



A LEAN RUNNING MACHINE

Steve Lee, a former police officer and recent graduate of ASU, weighed in with Mack in late August at 219 pounds and 30% body fat. As of January 1, he has lost 40 pounds and is at a lean, trim 16.5% body fat. He continues his workouts and is now concentrating on adding more muscle.

"I realized how much weight I had gained over the past 4 or 5 years," says Steve. "I had heard about Mack Newton and wanted that sort of discipline and workout."

His payoff, in addition to the weight loss, has been renewed energy and feeling good about himself.

"It's also helped my running, which I did periodically before working out with Mack. I run a lot faster now. Mack pointed out that you have to be in good shape to start running."

"Everybody notices a huge difference in me. They ask how I did it." He notes with a laugh that, since he has lost the weight, "everyone thinks I'm taller!"



HAPPY NEW YEAR



Inside Edition

Listeners continue to proclaim each radio **Power Hour** to be the best yet. The show is heard on Wednesdays from 2pm to 3pm on KFNX 1100 AM.

Many Newton Fitness students are sponsors of the **Power Hour** and are supporting the radio show as advertisers, including Ellen Cherrill of the Cherrill Mortgage Group; Deb Capaldi, owner of Pucci Salon and Day Spa; Dr. Jeff Ptak, a cosmetic surgeon, Dr. Karen Teeters, a pediatric dentist; and Continental Catering owner Kristy Moore.

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Mack Newton will be busier than ever in the new Year. In late January he travels to Denver for two days of Taekwon-Do seminars and conditioning classes.....Also in January he will address 300 teachers and staff of a Douglas school district in southeastern Arizona..... In February it's on to Los Angeles for a motivational speech for High Achievers.



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3243-A E. Indian School Rd.
Phoenix AZ 85018
Tel: (602) 957-6492