



AFFIRMATIONS

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Change your life by changing your mind. Create the change you want with daily affirmations.

- We become what we think about
- We are the sum total of our own thoughts
- You are guided by your mind
- Have the courage to change yourself
- Become the person you want to become
- As you sow, so shall you reap

Affirmations can help you achieve your goals. Using affirmations and visualization can be easier and quicker than if you just used pure willpower. To craft a powerful affirmation, you must:

- Write them in the present tense
- Write them as if they have already happened
- Use the positive
- Make them personal
- Be specific

On the following pages, you will find various affirmation examples, some of which will feel right for you. Feel free to adapt them as your own. If you write your own, be sure to adhere to the above criteria. Focus on what you want, not what you do not want!

Be aware that when you start using affirmations, you are likely to encounter resistance within yourself. Some describe it as though they feel like they are lying to themselves, or you may find thoughts like, “Who are you kidding.” All of this is perfectly normal. Most likely, you have been thinking the same kind of thoughts for practically all of your life and they have become a habit. Now, you have the opportunity to start new habits so you must practice regularly.

Once you have decided on your affirmations, make several copies of them, and put them in places you will see throughout the day. For example – next to your bed, on your desk, on your bathroom mirror, and in your car. When you start, read every night before you go to bed and every morning when you wake up to embed these new beliefs into your subconscious mind. Make a conscious effort to review your affirmations at least once per day.

AFFIRMATION EXAMPLES

- I am fully able to set a goal without first having to see just how it will be accomplished.
- I constantly strive to catch and acknowledge people around me doing something right.
- I like and admire myself, both for what I have already done and what I will accomplish during my lifetime.
- I am happy, I love life, and constantly grant myself and others the right to enjoy life to the fullest.
- I constantly look for the best in others, and I truly enjoy helping others whenever I can.
- I remain calm and poised in all financial situations, as money is always in abundance in my life.
- I am very deserving of success, and every day gets better and better as I become better and better.
- I show love to all my children in a way that makes them feel abundantly secure in my love.
- I am a happy, love-life person, and am a ray of fun and sunshine for those around me.
- It's easy for me and I enjoy prospecting new clients every day because of the great results I get.
- I make a special effort to do something nice at least once each day for my significant other.
- I am able to fully relax and focus my attention and love on my family after I come home from work.
- I am constantly mindful that I am the one in control of my life, and that I am not bound by heredity and prior environments or conditions.
- I am very resilient, and I realize that setbacks are merely opportunities to learn and grow. Being tackled means that I've got the ball.
- I enjoy working in my sphere of influence because I always get ____ leads per month that convert to ____ sales per month.

AFFIRMATION EXAMPLES (continued)

- My financial condition is excellent and growing better over time, because I have clear goals and I track my progress.
- I have a clear financial plan which is producing ever-increasing wealth.
- My self-talk is always positive.
- I use regular exercise to maintain excellent physical condition. I feel great and am extending my life span.
- I am selective in the foods I eat. I avoid fattening and unhealthy foods, while focusing on healthful ones.
- I enjoy a powerful and effective immune system due to my quality diet and exercise habits.
- I am healthy all the time.
- I am particularly skillful at focusing on the right thing and I am not sidetracked by nonessential issues.
- My income increases, whether I am working, playing, or sleeping.
- My clients are very loyal to me.
- I am now willing to accept a life of prosperity.
- I happily allow others to contribute to my love, joy, and prosperity.
- It is not what happens to me, but how I handle it that determines my emotional well-being.
- I am growing in wealth and prosperity because I am growing in self-esteem.
- I have a positive expectancy of reaching my goals, and I bounce back quickly from temporary setbacks.
- I know that the power of affirmations comes not from knowing them but from doing them.

AFFIRMATION EXAMPLES (continued)

- The better I feel about myself, the luckier I become. I direct my self-talk to be positive and supportive, and I am careful about the pictures I hold in my mind.
- I awake each morning full of energy and I look forward to having a great day.
- I am happy and playful. I allow myself to be happy, free, and playful as a child.
- I prepare for upcoming events by playing them out in my imagination, including the positive outcomes I desire.
- My word to myself is good.
- Each day, I take some action in a positive direction toward the achievement of each of my goals.
- My security is created within myself.
- I am always open to new ideas and am quick to implement them.
- I am a great listener.
- As I am very intelligent, I retain facts and information easily and can recall them effortlessly whenever needed.
- Because my business is very successful and profitable, it is easy for me to take the necessary time to focus on the important things in life.

"When we walk to the edge of all the light we have, and take that step into darkness of the unknown, we must believe that one of two things will happen; there will be something solid for us to stand on, or we will learn how to fly."

- Edward Teller