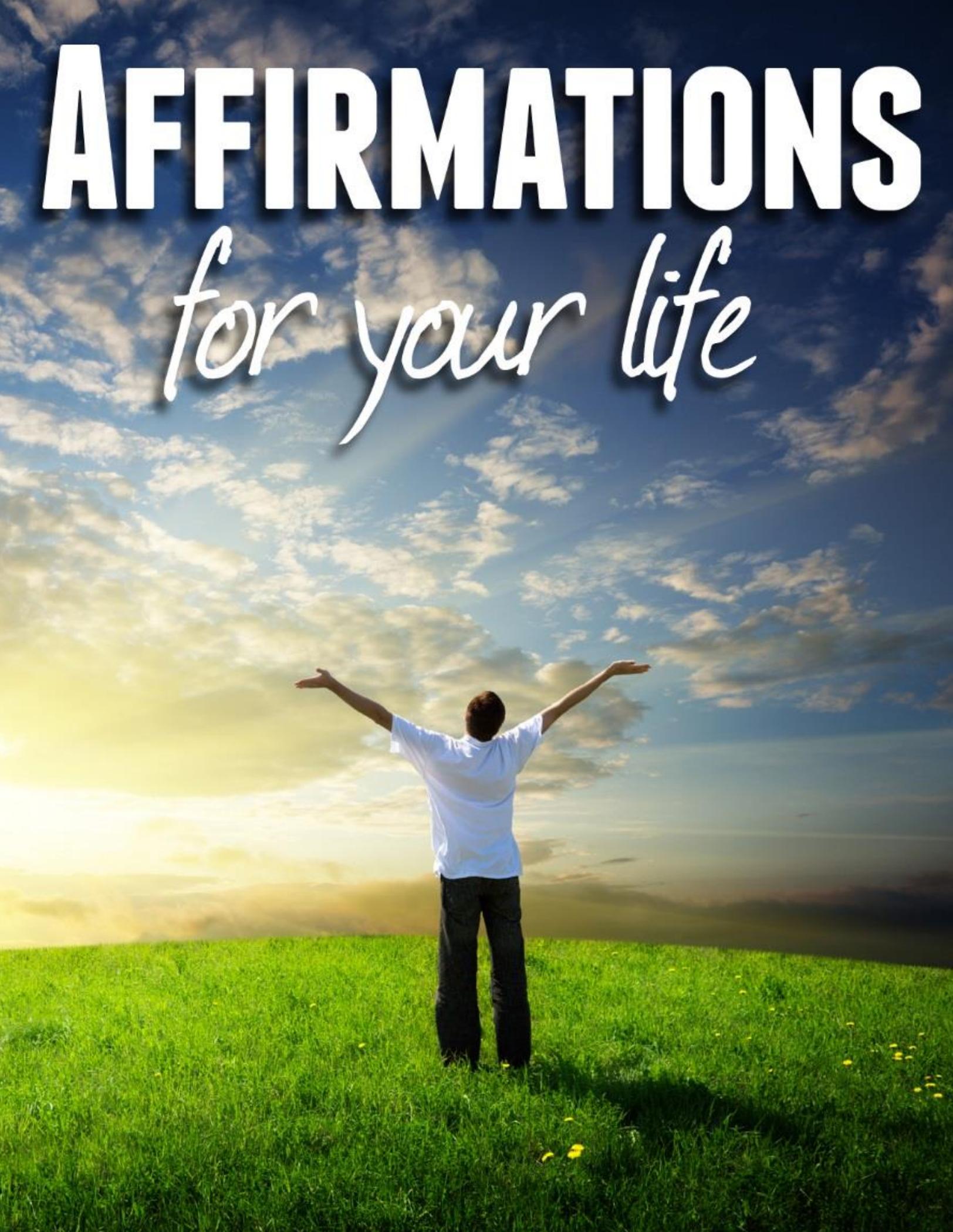


# AFFIRMATIONS

*for your life*



# Affirmations for your life

- Financial Freedom Affirmations
- Goal Setting Affirmations
- Habits and Subconscious Affirmations
- Health and Wellness Affirmations
- Marketing and Business Affirmations
- Positive Thinking Affirmations
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## **Introductions to Affirmations**

Affirmations are positive statements that describe a sought after situation, and which are repeated numerous times, in order to impress the subconscious and trigger it into favorable action. In order to guarantee the effectiveness of the affirmations, they have to be repeated with attention, strong belief, interest and desire. Most individuals repeat in their minds damaging words and statements concerning the situations and events in their lives, and therefore, produce undesirable situations. Words and statements work at both ways, to construct or destroy. It's the way we utilize them that determines whether they're going to bring great or adverse results.

Often, individuals repeat negative statements in their minds, without even being aware of what they're doing. Do you keep thinking and telling yourself that you can't manage something, you're too lazy, lack inner strength, or that you're going to fail? Your subconscious accepts as true what you keep stating, and eventually draws in corresponding events and situations into your life, irrespective whether they're good or bad for you, so why not select only positive statements?

Affirmations program the brain in the same way commands and scripts program a computer. They work in the same manner as creative visualization. The repeated words help you center your mind on your aim, and automatically build matching mental images in the conscious mind, which affect the subconscious. The conscious mind, the mind you think with, begins this process, and then the subconscious takes control. By utilizing this process consciously and intently, you can affect your subconscious and thereby transform your habits, behavior, attitude and reactions, and even remold your external life.

Occasionally results appear quickly, but often more time is required. Depending upon your goal, sometimes you may attain immediate results, and sometimes it may take days, weeks, months or more. Getting results depends on several factors, such the time, focus, faith and feelings you invest in repeating your affirmations, on the intensity of your desire, and on how big or small is your goal. It's crucial to understand that repeating positive affirmations for a few minutes, and then thinking negatively the rest of the day, neutralizes the effects of the favorable words. You have to refuse to think damaging thoughts, if you wish to achieve positive results.

## **Financial Freedom Affirmations:**

- I'm successful in everything I do.
- I'm joyfully receiving wealth and abundance in my life.
- I am moving toward revenue.
- I am producing money in my life.
- It's great to have money! I'm ready for abundance.
- I am a rich individual.
- I love the energy of income.
- Money enhances my positive power.
- I love life.
- I'm a loving person.
- I am successful and I love it.
- I handle all of my finances smartly.
- My life is a success-story.
- I'm a beautiful, loveable human.
- I am successful in everything I execute.
- I am willing and daring to go the whole way.
- I'll reach my goals, joyfully and easily.
- I invest wisely.
- I am always accomplishing my goals in one way or another.
- I am joyfully getting wealth and abundance in my life.
- I am moving toward income.
- I am producing money in my life.
- It is great to have income!
- I love my self.
- I am frugal.
- I love all beings on this planet.
- I'm so happy to be alive.
- I am creating riches to share with the whole world, because it's my joy to share.
- Each day, and in every way, I am getting better and better with money.

## **Goal Setting Affirmations:**

- I take responsibility for my life.
- From today, the future is my responsibility and no one else's.
- My possibilities only open up when I know I'm responsible for the outcome.
- I have clean-cut, particular, intense, emotional, measurable goals.
- My subconscious knows what is IMPORTANT and what I need to be aware of to achieve my goal.
- I do my affirmations often to produce my "fresh reality", my new version of "the truth." I practice my future perfectly!
- My subconscious thinks my imagination is just as "real" as my experiences.
- This is how I produce my new version of the "truth" against which my subconscious will assess what I need to be aware of in order to accomplish my goals.
- I control my self-talk and alter my thinking to support my goals and affirmations. Whatever I spend the most time thinking of, I gravitate towards.
- I have 90-day action plans that define what the activities I must be doing and that move me towards my goals. And I review them at least every thirty days!
- I have an "ideal" weekly calendar produced from my activity plans to assure that it's possible to accomplish my goals with the time/commitments that I have.
- Every week I fill out my Day-Timer or schedule from my "ideal" calendar. I get all the particulars on there. Because it's on my schedule, I make time to do it.
- I ceaselessly monitor and measure my activities to assure that I am on track towards my goals.
- I have consistently scheduled planning time.
- I have a support group (or person) who helps me grow and move forward and who helps me discover my "blind spots" so that I can fix them.
- I'm accountable to someone who's supportive of my goals and whom I respect. I tell them what my actions should be, I allow them to ask me if I've done them and I allow them to critique my results.

## **Habits and Subconscious Affirmations:**

- All habits in my life story are health-giving.
- All my habits are favorable and beneficial.
- All my habits support me in favorable ways.
- Altering my behavior is as simple as changing my thoughts.
- Daily, I am gaining more control over my past habits.
- Every time I challenge a past habit, I feel a greater sense of control and self-regard.
- Each day I'm developing new and positive habits.
- I constantly do what is best for my body.
- I constantly exercise discretion in all that I do.
- I'm always adding favorable new rituals to my daily routine.
- I'm altering my habits by altering my thoughts.
- I am altering my life for the better.
- I'm cleansing myself from all past habits.
- I am totally committed to living a life free from bad habits.
- I am ultimately free!
- I am forever grateful to finally be free from damaging habits.
- I'm free from the control of addictions.
- I am in utter control of all the habits in my life.
- I'm in control of each aspect of my life.
- I am in control of my life.
- I'm the master of my habits.
- I control all my impulses.
- I'm learning to override past habitual behaviors.
- I am learning to take charge of my habits.
- I am now free from all compulsions.
- I'm strong enough to overpower any habit.
- I am stronger than any dependency.
- I'm stronger than any habit.
- I am the master of my brain and body.
- I'm very proud of my healthy life-style.

## **Health and Wellness Affirmations:**

- I've the power to control my health.
- I'm in control of my health and wellness.
- I have abundant energy, vitality and well-being.
- I'm healthy in all aspects of my being.
- I don't fear being unhealthy as I know that I control my own body.
- I'm always able to maintain my ideal weight.
- I'm filled with energy to do all the daily actions in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.
- I'm healthy, happy, and transformed!
- I give myself permission to heal.
- My natural state is health. I'm cloaked in energy.
- My energy field shines with clear brightness.
- I'm well in my thoughts and at ease in my body.
- I've the stamina and energy to do all the things I love!
- I'm now perfectly healthy in body, mind and spirit.
- I feed my body with self-nurturing and fit nutrition.
- I'm enjoying optimal health.
- I'm rediscovering the art of allowing my natural wellbeing.
- My health is excellent and I'm perfectly fit.
- I have abundant energy, vitality and well-being.
- I've all levels of energy - physical, mental, emotional and spiritual.
- I have a fit spirit, mind and body.
- I take 4 deep, relaxing breaths at least once each 90 minutes.
- I drink a glass of fresh, good water each ninety minutes.
- I do sit-ups or push-ups, and yoga upon arising every morning.
- I do half-hour of vigorous walking or aerobic exercise daily.
- I do strength training (including push-ups and lunges) at least 3 times a week, alternating between the muscles.
- I take suitable nutrition for my body and mind.
- I'm healthy, happy and radiant.
- I am healthy, and full of vitality and energy.
- I eat healthy, nutritious and digestible food daily.
- I have a healthy heart and a strong set of lungs.

- I accept health as my normal state.
- Daily in every way, I am feeling energetic and enthusiastic.
- I am feeling better than before.
- I'm feeling relaxed, centered, energetic and enthusiastic.
- I recharge and renew myself by taking time off for play and relaxation.
- I am calm, composed, energetic and enthusiastic.
- I take breaks, get up and stretch, have a little snack - to maintain my energy state.
- I have a healthy breakfast each morning which replenishes my blood sugar levels.
- I'm getting better and better each day.
- I'm feeling healthy. I am feeling excellent. I'm feeling great.
- I take good care of my health and fitness as health is wealth.
- I am increasing all levels of energy - physical, mental, emotional and spiritual.

## **Marketing and Business Affirmations:**

- Today I set goals I know I may accomplish.
- The goals I set for myself now will help me in the days to come.
- I'm an intelligent individual. I enjoy learning about new technologies and new marketing techniques that help my business grow.
- I build fresh relationships and continue to foster existing relationships with other affiliate marketers.
- I'm an active participant in the health of my site.
- I recognize who my customers are, and I endeavor to provide them with what they're seeking on a daily basis.
- I constantly draw in success-minded entrepreneurs to assist me to grow my business.
- I'm a brilliant and savvy business person.
- I have a billion-dollar mind.
- I've all the skills, intelligence, contacts and income and perspective I require right now to create an incredible masterpiece with my business.
- I have great abundance flowing into my business, which gives every luxury I want.
- I'm really focused and persistent
- I am affluent and successful, each day, in all that I do.
- I've absolute certainty in my power to generate any amount of income I choose.
- I'm committed, determined and passionate about what I do.
- I have all the resources I require right now to become a multi-millionaire.
- I achieve my financial goals with ease applying sound and honest business practices.
- I'm a master at what I do.
- I am a leader and I draw in leaders into my business.
- I am constructing a successful and important business that will assist in making a difference in my life and the lives of those I touch.

## **Positive Thinking Affirmations:**

- All the things I want and require come to me.
- I constantly receive more than what I require.
- I have a bank account with more than enough.
- I'm an abundant individual.
- I produce abundance in all that I say and do.
- I accept abundance.
- I receive, and am open to receive all abundance that comes.
- I draw abundance to myself today and each day.
- I'm successful.
- Everything I do turns into success.
- I'm filled with success.
- My success is contagious, others like it, seek it and respect it.
- I draw in positive-minded people to me; I draw all things favorable to myself.
- I'm really fortunate to work at what I love to do.
- I make powerful and enjoyable business relationships and many of my business contacts are now my friends.
- I'm a confident and positive individual, and confident and positive persons gravitate toward me daily.
- I recognize who I obviously am and what I like in personal relationships.
- I'm attracting powerfully positive and healthy individuals into my life.
- I'm caring, smart, supportive, loyal, and fun to be with.
- I feel completely at ease and comfortable with all types of individuals.
- I'm winning in all my relationships.
- I'm a positive and valuable contributor to my relationships.
- I possess complete power to articulate my thoughts and feelings to everyone, and I express myself wisely.
- I'm sure of my ability to do what is necessary to better my life.
- If I make errors, I'm able to give myself the benefit of the doubt.
- I feel worthy as an individual.
- I'm able to take risks and try new things without concern.
- I feel great about the way I do my job.
- I have compassion for myself and the way my life has developed.

- I'm deserving of all the good things in my life.
- I'm glowing with health and wholeness.
- I behave in ways that promote my health more each day.
- I deserve to be in perfect health.
- I'm highly motivated to exercise my body because I find exercise as fun.
- I love nutritious healthy food, and I enjoy eating fresh fruits and veggies.
- I'm healthy since my practices are healthy.
- I release the past so I can create health now.
- I produce health by expressing love, understanding and compassion.

## **Relationship Affirmations:**

- I enjoy connecting with others.
- I am grateful for the opportunity to connect with others.
- I contribute to the healthy development of my relationships.
- My relationship is leading to love and commitment.
- All of my relationships are fun, friendly and productive.
- All of my relationships are honest, loyal and trusting.
- My relationship has blossomed into love and passion.
- I'm in a fulfilling and nurturing relationship.
- My ability to communicate is enhanced with my power to listen.
- When I speak with other people, the dialogue involves giving and receiving.
- My body language makes me approachable to everybody.
- I speak the reality with sincerity, knowledge and compassion.
- I'm an excellent communicator and it shows!
- I say what I mean and mean what I say.
- My ability to communicate draws other people closer to me.
- The one that I truly adore returns to me with open arms and mounds of love.
- It's simple for me to express love and in return, it's easily expressed back to me.
- I'm open to experiencing bonding on different levels with others that I meet.
- I show love to others through my gratitude and positive interaction.
- I'm ready to connect with other human beings in a meaningful way.

## **Self Discovery Affirmations:**

- I take time to acknowledge myself.
- I claim time to decide what I truly want, and to set up a plan to accomplish my goals.
- I take time to care about myself and my personal needs.
- I claim time to express love to the people around me.
- I take time to be thankful for all the great things in my life.
- All facets of my being, both visible and invisible, are vibrant and alive.
- All my thoughts exist as I allow them to exist.
- All that I've experienced in my life has been produced by my thoughts and beliefs.
- Being self-aware is among the top priorities in my life, and I practice this feeling daily.
- Every time I pause to go within, I draw closer to who I truly am.
- Each challenge I face makes me stronger and wiser.
- Daily I become more aware of my inherent gifts.
- Every day I discover more of what makes me exceptional.
- Daily I discover new talents which I have.
- Daily I practice being the 'me' of my perfect future.
- Each day I understand and appreciate myself more.
- Every day I understand myself better.
- Each facet of my life suits me perfectly.
- Every moment I spend in quiet stillness brings me closer to my true self.
- Every moment of every day I'm becoming more and more responsible for my life.
- I accept each experience in my life as a path to growth and development.
- I accept total responsibility for all my beliefs, and question those which hinder my advancement.
- I accept full responsibility for my thinking and doing.
- I take on responsibility for the results in my life.
- I accept the results of all my actions.
- I advance my life by expanding my moment to moment experiences.

## **Spiritual Affirmations:**

- I'm grounded and centered.
- I feel the presence of a power greater than myself.
- I release fear. I release pain. I live in love.
- I live life in the here and now.
- I trust the flow of life.
- I'm the healing light of Spirit in action.
- I ask for and listen to my inner guidance.
- I carry serenity and calm with me.
- I accept conditions and individuals as they are.
- I'm the freedom of the wind.
- I'm the sun rising on a crisp fall morning.
- I am the small shared smile of a stranger.
- I am the laughter of a youngster.
- I can choose to be a physical manifestation of peace and harmony.
- I am the strength of a thousand horses.
- I am the bravery of a new day.
- I am constantly present.
- I am joy. I'm whole. I am grateful!
- All my thoughts, words and actions are divinely guided.
- I'm a spiritual being having a human experience.
- Everything that's happening is only for the highest good of me.
- I with patience and respect ask for Divine guidance on anything and everything.
- The Universe naturally and freely provides for all my needs.
- My brain and body are in complete alignment with the Universe and I'm always in the flow.
- I'm responsible for my own growth.
- I trust that everything in my life is working for my highest good and I'm receiving all that I am meant to have.
- When I love individuals more, I receive even more love from them in return.
- I release fear. I let go of pain. I live in love.
- I'm a loving, kind and forgiving individual, in accordance with my spiritual nature.