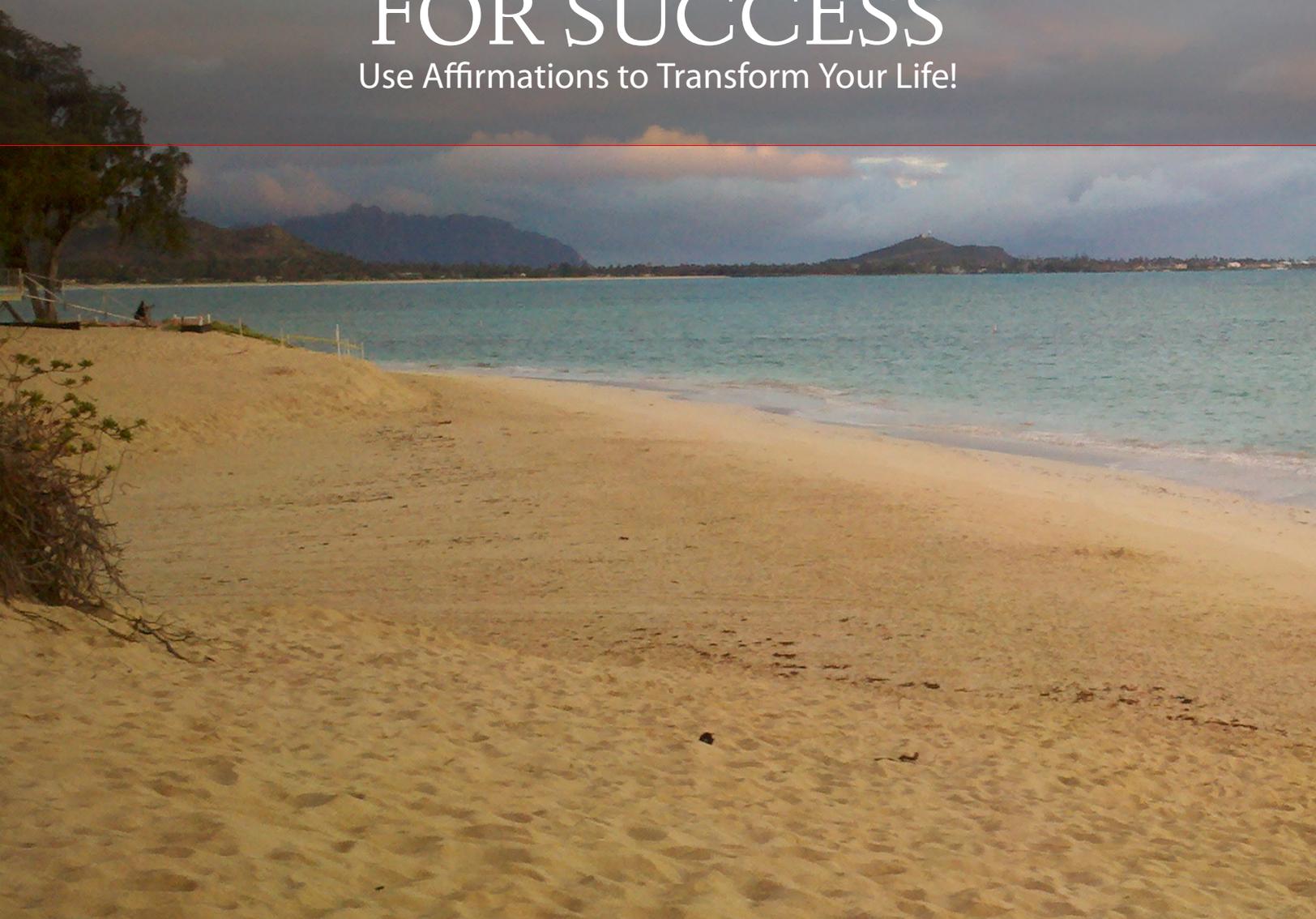


AFFIRMATIONS FOR SUCCESS

Use Affirmations to Transform Your Life!



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AFFIRMATIONS FOR SUCCESS

101 SUCCESS AFFIRMATIONS

Affirmations are great tools that can help you overcome fear, build your confidence, develop an abundance mind-set and more. The problem is that many people aren't sure exactly how to write effective affirmations. Do they always have to be in present tense? Can they contain "negative" words like can't, won't, not, and so on?

There are plenty of differing opinions on the right and wrong ways to write effective affirmations, but the bottom line is that an affirmation can be considered effective if it works for YOU! The whole point of affirmations is to shift your thoughts and emotions to a more positive place so you feel more confident, happy, secure, abundant, or anything else you're trying to accomplish.

Take a look at the sample affirmations below for starters and feel free to use them if they resonate with you. If not, try altering them slightly until they trigger the mind-set and emotional state you're trying to attain.

Affirmations for Healthy Weight and Body Image:

- Today I love my body fully, deeply and joyfully!
- My body has its own wisdom and I trust that wisdom completely!
- My body is simply a projection of my beliefs about myself!
- I am growing more beautiful and luminous day by day!
- I choose to see the divine perfection in every cell of my body!
- As I love myself, I allow others to love me, too!
- Flaws are transformed by love and acceptance!
- Today I choose to honor my beauty, my strength and my uniqueness!
- I love the way I feel when I take good care of myself!
- Today my own well-being is my top priority!

Affirmations for Self-Confidence and Self-Belief:

- Fear is only a feeling; it cannot hold me back!
- I know that I can master anything if I do it enough times!
- Today I am willing to fail in order to succeed!
- I believe that I have the strength to make my dreams come true!
- I'm going to relax and have fun with this, no matter what the outcome may be!
- I'm proud of myself for even daring to try; many people won't even do that!
- Today I put my full trust in my inner guidance!
- I grow in strength with every forward step I take!
- I release my hesitation and make room for victory!
- With a solid plan and a belief in myself, there's nothing I can't do!

Affirmations for Abundance and Prosperity:

- I open to the flow of great abundance in all areas of my life!
- I always have more than enough of everything I need!
- Thank you, thank you, thank you, thank you!
- Today I expand my awareness of the abundance all around me!
- I allow the universe to bless me in surprising and joyful ways!
- My grateful heart is a magnet that attracts more of everything I desire!
- Prosperity surrounds me, prosperity fills me, prosperity flows to me and through me!
- I exude passion, purpose and prosperity!
- I am always led to the people who need what I have to offer!
- As my commitment to help others grows, so does my wealth!
- My day is filled with limitless potential in joy, abundance and love!

Affirmations for Life Purpose:

- The better I know myself, the clearer my purpose becomes!
- My unique skills and talents can make a profound difference in the world!
- Today I follow my heart and discover my destiny!
- I am meant to do great things!
- I am limited only by my vision of what is possible!
- My purpose is to develop and share the best parts of myself with others!
- Today I present my love, passion, talent and joy as a gift to the world!
- I need not know the entire journey in order to take one step!
- I fulfill my life purpose by starting here, right now!
- My life purpose can be whatever I decide to make it!

Affirmations for Inner Peace:

- All is well, right here, right now!
- Peace begins with a conscious choice!
- Today I embrace simplicity, peace and solace!
- A peaceful heart makes for a peaceful life!
- I trust the universe to deliver my highest good in every situation!
- By becoming peace, I create peace in every experience!
- I am filled with the light of love, peace and joy!
- Peace comes when I let go of trying to control every tiny detail!
- Where peace dwells, fear cannot!
- Today my mission is to surrender and release!

Affirmations for Opportunity:

- Today I open my mind to the endless opportunities surrounding me!
- Opportunities are everywhere, if I choose to see them!
- I boldly act on great opportunities when I see them!
- My intuition leads me to the most lucrative opportunities!
- An opportunity is simply a possibility until I act on it!
- Some of the best opportunities are made, not found!
- Today I see each moment as a new opportunity to express my greatness!
- I expand my awareness of the hidden potential in each experience!
- Let each of my experiences today be a gateway to something even better!
- Each decision I make creates new opportunities!

Affirmations for Love:

- I am ready for a healthy, loving relationship!
- All of my relationships are meaningful and fulfilling!
- As I share my love with others the universe mirrors love back to me!
- I see everyone I meet as a potential soul mate!
- I trust the universe to know the type of partner who is perfect for me!
- Today I release fear and open my heart to true love!
- I am grateful for the people in my life!
- I am the perfect partner for my perfect partner!
- I deserve a loving, healthy relationship!
- I deserve to be loved and I allow myself to be loved!

Affirmations for Healing:

- I am strong and healthy!
- My energy and vitality are increasing every day!
- I open to the natural flow of wellness now!
- My inner guidance leads me to the right healing modalities for me!
- Abundant health and wellness are my birthright!
- Thank you for my strength, my health and my vitality!
- I am feeling stronger and better now!
- I love taking good care of myself!
- Today nurturing myself is my highest priority!
- Thank you for the opportunity to balance my mind, body and spirit!

Affirmations for Inner Clarity:

- Today I awaken to my higher wisdom!
- My inner voice guides me in every moment!
- I am centered, calm and clear!
- I always know the right actions to achieve my goals!
- When I know where I'm going, getting there is a cinch!
- Today I am completely tuned in to my inner wisdom!
- Harmony is always a sign that I am balanced from within!
- Thank you for showing me the way to my dreams!
- I trust my feelings and insights!
- I am detached and open to divine guidance!

Affirmations for Self-Love:

- I am filled with light, love, and peace!
- I treat myself with kindness and respect!
- I don't have to be perfect; I just have to be me!
- I give myself permission to shine!
- I honor the best parts of myself and share them with others!
- I'm proud of all I have accomplished!
- Today I give myself permission to be greater than my fears!
- I love myself no matter what!
- I am my own best friend and cheerleader!
- Thank you for the qualities, traits and talents that make me so unique!

**HOW TO USE
AFFIRMATIONS EFFECTIVELY**

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Cogito ergo sum -- "I think, therefore I am." This is a phrase affirming one's existence as a being. It may be a simple phrase, but it says a great deal. It indicates a confidence about being human that is not commonly found among other beings.

But why do people need affirmation? Why do beings need to be affirmed? Is existence relative to one's affirmation?

Affirmation is a very powerful technique to empower your subconscious. Once the subconscious is disciplined to believe your affirmation, the latter is converted into a positive **action** for the conscious mind. Through affirmations, you are empowered to do, to work, and to strive. Affirmations allow you to believe in yourself and to put your thoughts into action.

Affirmations are a combination of verbal and visual techniques, utilizing a positive state of mind. Strong affirmations can be very powerful. They can be used beneficially to achieve your goals and fulfill your desires. However, the power of an affirmation depends on how strong or weak an affirmation is.

An affirmation is merely an assertion made about something or about a state of being. You can affirm whatever ideas you choose to attain; for example, "I now have a good life!" Being healthy in mind, body, and spirit can also be made possible through affirmations.

To be more effective, a strong affirmation is stated in the present tense. An affirmation of "I am now a happy being!" is more effective than an affirmation saying, "I am going to become a happy being." Affirmation is best stated in positive terms, so that it can work for you, rather than against you. Instead of saying, "I am not sad," create an affirmation saying, "I am happy!"

For an effective affirmation, choose simple, concise words creating short phrases. A short affirmation can be most easily spoken. It can serve as a mantra that can be repeated over and over again.

To be effective, an affirmation needs to be repeated. Repetition works and influences your subconscious mind, which, in turn, motivates you into action -- acting according to your affirmation. It is best for you to create an affirmation that you are deeply involved with, one that impacts you emotionally. In this way, you can best actualize your affirmation. Writing words that you believe in can be very powerful.

However, merely creating an affirmation and repeating it a million times will not make the affirmation effective. It is important that you live your affirmation and be open-minded to do the things that help the affirmation become a reality. Feeling the affirmation – and applying it in your life – help to make the affirmation a reality.

While affirmations are generally used to improve your life and make you better, it can also be used to boost or confirm your value. By affirming your existence, you are helping improve your self-worth. Affirmation is a very simple thing that can make a very big difference in your life. Affirmations are great motivators and **WORK** to make positive changes occur in your life!

**BOOSTING SELF-ESTEEM
WITH AFFIRMATIONS**

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What is low self-esteem? Low self-esteem is often the result of negative messages being absorbed by your subconscious. Since this is the case, it makes sense that feeding your mind positive messages can make a powerful difference ... not only in how you feel about yourself, but also in the outcomes in your life!

What stops many people from using affirmations beneficially in their lives is the uncertainty of what to say. On the surface, it can appear difficult to know how to word affirmations for optimal effectiveness. Below you'll find some simple tips to help you write effective affirmations to improve your self-esteem.

1) Use **Present Tense**. First, it's helpful to word affirmations in present tense, not in the future tense. You wouldn't want to say, "I will learn to love myself" because that makes it sound like you'll get around to it 'someday.' Instead you might say, "I choose to love myself!" The wording of that affirmation does two things: it empowers you with the addition of the words "choose to," and it puts the timeframe in the present moment.

2) Make it **Believable**. Next, your affirmations should be believable to you. Perhaps, you decide to say, "I am a wonderful person with a lot to offer the world!" If you do not allow yourself to believe that, your subconscious mind might reject it. Instead, endeavor to focus on a process – then work up to an extremely positive end-result in your affirmations. You might say something like, "I am willing to embrace my uniqueness and to learn how to share it confidently with others!"

3) Use a **Beneficial Tone**. When you repeat affirmations, you can do so aloud or just in your mind. It is important that you focus intently on the TONE you use. Rather than saying the words without emotion like you were reading a newspaper, really inject an element of love and caring into them. Your subconscious mind picks up the emotional aspect of what you're saying more than the actual words. Imagine the difference between saying the words, "I really love myself!" with a tone of love and compassion, or with a tone of sarcasm. Which do you think would have a greater impact on your subconscious mind? You are right!

4) **Repetition**. Once you have some affirmations formed to work on your self-esteem, say them in blocks of 10 minutes, several times a day. Remember, your subconscious mind is constantly playing messages – so you want to give it plenty that is POSITIVE to create for you. Pay close attention to recite your most positive thoughts on a regular basis, do this by all means rather than thinking negatively about yourself.

5) **Give it Time.** It takes time to change the old, negative messages in your mind to ideas that are more positive. It may take a few weeks – or even months – before you notice an obvious difference in how you feel. In the meantime, you might be tempted to think it isn't working. Persevere -- Keep with it – and, soon, you will begin to see a difference! Most likely, it will be a gradual change. Little by little, you'll find yourself feeling more positive, and notice that you're feeling a bit happier and lighter. This is your sure sign that it's working.

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