

Powerful Daily Affirmations For Success

“What we think and do today, right now, will have an accumulated effect on all our tomorrows”

~Alexandra Stoddard

What are Affirmations? Affirmations are powerful statements to remind us what we know to be true, despite what others may say or when our own ego plants that seed of doubt. They are most powerful when we:

- Say them in the present tense
- Write them down
- Feel them strongly
- Say them everyday, first thing in the morning and last thing at night

Affirmations form our behavior patterns and habits. They are the foundation of our internal dialog.

Affirmations help us focus our thoughts in a healthy way.

Affirmations are positive, empowering statements.

Affirmations promote positive self-talk, and positive action.

Positive affirmations build self-confidence and self esteem.

Positive affirmations create positive pictures in our minds.

Why use them? Saying and Writing Daily Affirmations help to create change from the inside out. We have several thousand thoughts a day, and a lot of them are negative!

Affirmations help you be intentional about keeping self-talk positive and focused on what you *DO* want, instead of what you *DONT* want. Remember where your attention goes, energy flows... In other words, you will get more of what you focus on!

How do I use them? I recommend choosing a special notebook as a gratitude journal and to write affirmations twice daily... first thing in the morning and again before bed.

Always phrase affirmations in the most positive way, stated in the now.

If you want to be chosen for a supervisory position, your affirmation should include the qualities you possess that would serve you in that role. You might affirm: “I am a dynamic, empowering leader.” If you tend to wake up each morning wondering how you’ll ever get through an overwhelming to-do list, you might affirm: “I have more than enough time and energy to accomplish all my goals.”

Here are Some of mine as Examples:

I set healthy boundaries and preserve my energy

I love and accept myself just as I am, even when I see where I can do better.

Life is fun. I'm willing to enjoy it.

I remember to breathe deeply and often

I am relaxed, focused and centered. I have plenty of time for everything.

I am confident, happy and comfortable in all situations.

The more I take care of myself the more I have to offer others

I am happy healthy and strong

I make a special effort to connect & communicate well with others

I am perfect in my imperfection...I am already good enough

Give it a try! First Ask yourself “Am I interested or committed? If you're **interested**, you'll get started but don't want to get too uncomfortable, and will show up with excuses and reasons why you're particular situation is impossible to improve...When you're **committed**, you show up and are willing to do whatever it takes. The language between the two is very different also... Interested people say I wish I could, I want to, or I hope to... Committed people confidently say I intend to, I commit to, and I will...

Create an affirmative statement to deal with the stress of change and transitions beginning with “I will”, “I intend”, or “I commit to...”(instead of I wish, I want, or I hope to”)

Tip: Choose a Talisman: This is something to use as a frequent reminder of how you want to feel no matter what is happening around you. Often it's a small object like a picture, a symbol, a rock, a memory, or a quote. Here's a quote that I love & read often: **Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.** (Author unknown) Whatever reminds you to stay focused on the positive when things get tough is perfect!

