

Affirmations for Success

Positive affirmations mixed with emotional intensity produce amazing results. Music is an amazing mood catalyst. To really get the most out of affirmations and create an incredible Incremental Advantage in their effectiveness in your life, I suggest recording your affirmations to inspiring music. A good friend of mine challenged me to do just this ten years ago. I purchased an inexpensive karaoke machine, put an upbeat instrumental tape in and recorded all of the affirmations I could create to change behaviors and support my goals. Unless you are willing to step out of your comfort zone and give this a real opportunity to work in your life, you could never know the simply incredible power and way that this mental programming technique can work in your life. I literally wore my first tape out listening to it, but it created significant leverage and results for me. I know the vast majority reading this will not make the commitment to this habit. It is a shame, but for those of you who do, I promise your results in every area of your life will improve as your internal communication improves. I constantly look for, borrow, adapt and write down affirmations. I cannot claim originality for all of them as they have been collected and changed over the years.

Below is a sample of some personal affirmations. Say them out loud and with emotion and notice the immediate physical effect they have on you. Oh sure, it feels uncomfortable, but remember about uncomfortable methods to achieve comfortable results.

- I acknowledge NO LIMITS on my abilities and my ultimate success.
- I turn challenges into opportunities. I am creative and adaptable to any situation and make the best of whatever comes my way.
- I seek out new opportunities to learn and to grow.
- I look for opportunities to serve and increase my value to other people.
- I see people not how they are, but rather, as they can become. I work to help them unlock their hidden potential. I am a developer of people.
- I enter into every activity with success in mind and give no mental recognition to the possibility of defeat.
- I expect challenges and obstacles and am prepared mentally to grow from each challenge before me. Every challenge I overcome makes me stronger.
- I am flexible and adaptable in every situation. I look for creative alternatives and seek out new ways of accomplishing my goals.
- Organized activity and maintained enthusiasm are the wellsprings of my power.
- I have all the money I need to accomplish my greatest destiny.
- I am physically fit and vibrant filled with energy and positive enthusiasm.
- I am worthy and achieve all I set out to achieve because I have a passion for my life and am dedicated to the attainment of my goals and objectives.

- I love myself and I love others. I am the person I choose to be and others love and respect me for who I am.
- I have singleness of purpose in my life and am dedicated to the achievement of my dreams and goals.
- I love my family and work every day to show and demonstrate my love.
- I value my relationships with others and seek out only positive and affirming relationships.
- I magnetize the conditions that I seek. Like calls to like. Water seeks its own level. I am positive and draw other positive people into my life.
- Organized activity and maintained enthusiasm are the wellsprings of my power.
- I am prepared for great achievement. I have worked hard and allow victories to come my way.
- I love to learn. Leaders are readers! Reading stimulates my creativity and my hunger for knowledge.

Frank F. Lunn is an expert in leadership, marketing and small business entrepreneurship. Learn more mastering change by reading *Carpe Aqualis! "Seize the Wave" – 7 Essential Surfing Skills to Revolutionize Your Business and Personal Life* - visit www.CarpeAqualis.com to find out more.