

Carpe Aqualis! Surfer Affirmations

- *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 always increase my value to other people.*
- *I see people not how they are, but rather as they can become and work to help them unlock their hidden potential. I am a developer of people.*
- *I enter into every activity with success in mind. I 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 that 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 powered by enthusiasm creates power to succeed in anything I do.*
- *When problems and difficulties come my way, I do not hide, I boldly attack.*
- *I am audacious in my relentless pursuit of my goals.*
- *Opportunities flow to me like the waves of a raging surf.*
- *I am a Carpe Aqualis! surfer, adaptable to any challenge and ready to seize the wave!*

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 our more.