

MEN AFFIRMATIONS

How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

Affirmations:

- I Am The Architect of My Life; I Build Its Foundation And Choose its Contents
- Today, I Am Brimming With Energy and overflowing With Joy
- I Can Achieve Greatness
- My Body is Healthy, My Mind is Brilliant, My Soul is Tranquil
- I Believe I Can Do Everything
- Everything That is Happening Now is Happening For My Ultimate Good
- I Love And Accept Myself For who I Am
- I Forgive Those Who Have Harmed Me in Past and Peacefully Detach From Them
- My Ability to Conquer my Challenges is Limitless, my Potential to Succeed is Infinite
- Today, I Abandon my old Habits and Take Up New, More Positive ones
- I Am Superior to Negative Thoughts and Low Actions
- I Am Guided in My Every Step by Spirit Who Leads Me Towards What I Must Know And Do
- Creative Energy Surges Through Me And Leads Me to New And Brilliant Ideas
- I Am Courageous And I Stand Up For Myself
- I Am Blessed With An Incredible Family And Wonderful Friends

