

## START THE DAY 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:

- Everything is going to work out for my highest good.
- I oversee my mind.
- I am strong in mind, body and spirit.
- I am unique. I feel good about being alive and being me.
- Amazing opportunities exist for me in every aspect of my life.
- I choose to be happy right now. I love my life.
- I appreciate everything I have. I live in joy.
- I am positive and optimistic. I believe things will always work out for the best.
- I am a powerful creator. I create the life I want.
- I am excited about today.
- I choose to love with an expanded heart.
- I choose to work with a focused mind.
- I am thankful for all that I have.
- I create the life I desire.
- I have unlimited potential.
- I now release the drama of my past. I consciously create my future.
- I have all that I need to make today great.
- I am patient and calm and looking forward to today.
- I am grateful for another day to make a positive contribution.
- I am not a product of my circumstances. I am a product of my decisions.
- I am a leader and lover of life.
- Something wonderful is about to happen to me.

