

Creating Change with Affirmations

Affirmations can help you achieve your goals. Using affirmations and visualization change can be easier and quicker than if you just used will power and/or discipline. To craft a powerful affirmation you must be sure to:

- Write them in the present tense;
- Write them as if they have already happened;
- Use the positive;
- Make them personal; and
- Be specific.

On the following pages you will find various affirmation examples, some of which will feel right for you. Feel free to adopt them as your own. If you write your own, be sure to adhere to the above criteria. Focus on what you want, not what you do not want!

Be aware that when you start using your affirmations you are very likely to encounter resistance within yourself. Some describe it as though they feel like they are lying to themselves, or you may find thoughts like "Who are you kidding". All of this is perfectly normal, you have been thinking the same kind of thoughts for practically all of your life and they have become a habit. Now you are going to start a new habit and so you will need to practice regularly.

Once you have decided on your affirmations, make several copies of them and put them places you will see them throughout the day – next to your bed, on your desk, in your car etc. In the beginning, you will want to read them every night before you go to bed and every morning when you wake up. Make a conscious effort to review your affirmations at least once a day.

AFFIRMATION EXAMPLES

I am fully able to set a goal without first having to see just how it will be accomplished.

I constantly strive to catch and acknowledge people around me doing something right.

I like and admire myself, both for what I have already done and what I will accomplish during my life.

I am happy, I love life, and I constantly grant myself and others the right to enjoy life to the fullest.

I constantly look for the best in others, and I truly enjoy helping others whenever I can.

It is easy for me and I constantly earn an income of \$ _____ per month, as a



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I feel terrific knowing that my body is (smoke, alcohol, toxin, etc) free.

I take excellent care of my body and my mind.

I am my own expert and am not influenced by the negative attitudes and opinions of others.

It is easy for me and I enjoy prospecting every day because of the quick results I get.

I am exceptionally proficient at using my past successes to help me achieve my new goals.

I enjoy excellent health, and I am in first class physical condition.

As money is always in abundance in my life, it is easy for me to save and invest at least \$_____ every month.

I like and respect myself both for what I am and what I will become.

Its easy for me to talk in front of a large group as it is to my best friend.

I am worthy of the friendship and respect of others.

I enjoy and it is easy for me to ask people for referrals because of the terrific leads I receive.

I have an excellent memory which enables me to easily recall information I want or need.

I remain calm and poised whenever _____ does _____.

I enjoy my daily workout program, exercising the major muscle groups of my body, because of the quick results I get.

I enjoy my clean and well organized office which is created by positive habits of organization.

I create quality and satisfaction on the job by the way that I serve and relate to my customers.

I am very effective in the use of my skills in normal times, and I become even more effective during stressful times.

Because of my honesty and integrity, I am a magnet and I attract buyers and sellers with the same standards.

I always open ___ new escrows per month at an average sales price of _____.

I have high personal integrity in all areas of my life, and in all my relationships.



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I remain calm and poised in all financial situations, as money is always in abundance in my life.

I am very deserving of success, and every day gets better and better as I become better and better.

I show love to all my children in a way that makes them feel abundantly secure in my love.

I am a happy, love-life person, and am a ray of fun and sunshine for those around me.

Its easy for me and I enjoy prospecting Expired Listings every day because of the great results I get.

I make a special effort to do something nice at least once each day for my significant other.

I am able to fully relax and to focus my attention and love on my family after I come home from work.

Its like me and I enjoy prospecting ____ FSBOs per week, every week, because of the great results I get.

I maintain a positive expectation for the future and the food that will unfold for me.

I am constantly mindful that I am the one in control of my life, and that I am not bound by heredity and prior environments.

I am very resilient, and I realize that setbacks are merely chances to learn. Being tackled means that I've got the ball.

I enjoy working my sphere of influence because I always get ____ great leads per month that convert to ____ sales/listings per month.

My financial condition is excellent and growing better over time, because I have clear goals and I track my progress.

It's easy for me to make appointments for counseling sessions with qualified buyers at every open house I hold.

My self talk is always positive.

I use a regular exercise program to maintain excellent physical condition. I feel great, and am extending my life span.

I am selective in the foods I eat. I avoid fattening and unhealthy foods, while focusing on healthful ones.

My buyers/sellers are very loyal to me.



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I enjoy a powerful and effective immune system due to my quality diet and exercise habits. I am healthy all the time.

I have a clear financial plan which is producing ever increasing wealth.

I am particularly skillful at focusing on the right thing, and am not sidetracked by non-essential issues. My income increases, whether I am working, playing or sleeping.

I am now willing to accept a life of prosperity.

I happily allow others to contribute to my love, joy, and prosperity.

It is not what happens to me, but how I handle it that determines my emotional well being.

I am growing in wealth and prosperity because I am growing in self esteem.

I have a positive expectancy of reaching my goals, and I bounce back quickly from temporary setbacks.

I know that the power of affirmations comes not from knowing them but from doing them.

The better I feel about myself, the luckier I become.

I direct my self talk to be positive and supportive and I am careful about the pictures I hold in my mind.

I awake each morning full of energy and excitement looking forward to having a great day.

I am happy and playful. I allow myself to be happy, free and playful as a child.

I prepare for upcoming events by playing them out in my imagination, including the positive outcomes I desire.

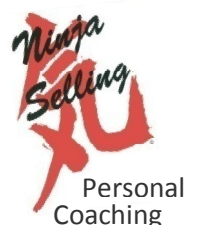
My word to myself is good.

Each day, I take some action in positive direction toward the achievement of each of my goals.

My security is created within myself.

I am always open to new ideas and am quick to implement them.

I am a very good listener.



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As I am very intelligent, I retain facts and information easily, and can recall them effortlessly whenever needed.

Because my business is very successful and profitable, it is easy for me and I always take ____ weeks vacation every _____, as it allows me to focus on the important things in life.

"When we walk to the edge of all the light we have, and take that step into darkness of the unknown, we must believe that one of two things will happen; there will be something solid for us to stand on, or we will learn how to fly."

- Edward Teller