

An Affirmation List

to be used in conjunction with...



- Keys to Internal Transformation and Self-Mastery -

The Science to It:

If you have something you wish to change or accomplish, your primary task is to focus your thought energy on changing or accomplishing it. By concentrating on your success with the faithful belief that you'll succeed, courageous action and insightful solutions will come naturally for you.

To attain this state of belief you must first rid yourself of your psychological limitations, because psychological limitations are the root cause of both emotional problems (like anxiety, depression, rage and frustration) and behavioral problems (like procrastination, compulsive eating and drug addiction). Psychological limitations are the root cause of that which keeps you from both change and accomplishment, because all of your negative feelings and destructive actions are based on negative beliefs and destructive patterns of thought.

Since these beliefs and patterns of thought operate on a subconscious level, you can only alter your surface-level negativity (those observable emotions and actions) by first altering your below-surface level negativity: the negativity in your subconscious mind.

You can alter the subconscious by restructuring its internal maps and images, and by restructuring those maps and images *at the points in time when those maps and images are most impressionable*. These impressionable states include: (1) periods of relaxation, (2) the brief period of time before you fall asleep, (3) the brief period of time as soon as you wake up, (4) anytime when your conscious awareness is focused on and preoccupied with another simple task like cleaning, exercising or talking over the phone, and (5) at any other point in time where you obtain what's called *alpha brainwave frequency* – periods of deep thought and random imagination.

I call these impressionable states *thresholds*, because they're gateways to the subconscious dimension of thought. These thresholds allow you to bypass the surface-level negativity and establish new, healthy and supportive paradigms about yourself, the world and your place in it.

Affirmations said during these threshold periods give you the power to control how you think, and therefore, affirmations are your key to internal transformation and self-mastery.

Don't let this power scare or intimidate you. Remember that only you know what's best for yourself, and remember that it's your God-given right to be a self-governed individual.

Have faith in your ability to know what's best for you, and be courageous enough to take back control of your mind, you're behavior and your destiny.

Suggested Technique:

1. Choose four or five affirmations from the list below, focusing on no more than two subjects at a time.
2. Write down and read (aloud when possible) each statement three times when you first wake up, three times in the afternoon, three times before going to bed, and at any other threshold. Say it like you mean it: recite the affirmations with emotion and conviction.
3. Rotate affirmations as you begin to notice progress, and create your own as you deem fit.

for Goal-Setting & Achievement

- I've let go of settling for less than the best I can be.
- I forgive myself for not getting things done.
- I've easily replaced wasting time with goal-achieving activities.
- At the deepest level, I now release all fear of failure.
- All struggle for success is now over.
- I forgive myself for lacking direction in my life.
- I'm an excellent team player, and I involve others in achieving my goals.
- I've replaced dreams that end in "someday," with written goals that have a deadline.
- I enjoy learning what I need to know to achieve my desired outcomes.
- I write down the steps needed to reach my goals.
- I'm free to conquer my life, and I'm free to conquer myself.
- I'm ready for massive achievement.

for Dissolving Panic & Anxiety

- I face fears and responsibilities with ease.
- I am grateful to be alive.
- I take the time to laugh and play everyday.
- I'm free of all fear about the future.
- The days of being overly self-critical are gone forever.
- I recognize feelings of overwhelm and move past them easily
- I'm able to control and minimize the stress from major life changes.
- I see increased responsibilities as a way to learn and grow
- I forgive myself for ever having self-condemning thoughts
- All mental and physical addictions are behind me now.
- It's easy and natural for me to keep mistakes in the proper perspective.

for Freedom from Depression

- I forgive myself for not appreciating my accomplishments.
- Feelings of hopelessness have absolutely no place in my life.
- I welcome positive self-esteem.
- I effectively assert my ideas and opinions.
- I allow others to be responsible for themselves.
- I let go of all blocks to developing my sense of humor.
- The old habit of mentally replaying unhappy experiences is gone forever.
- I forgive all those who've left me.
- My ability to experience joy increases each day.
- I'm filling my world with happiness and love.

for Developing Creativity

- I give myself permission to start the creative process.
- Everything, including creativity, is natural for me.
- I am a talented person.
- Creativity is a blessing I accept.
- Through the use of a few, simple tools, my creativity flourishes.
- I play with partial, incomplete and sometimes foolish ideas.
- I have a worthy contribution to give to the world.
- I can be creative and ignore the critical voices inside my head.
- I am a magnet for creative ideas.
- My work inspires others.

for the Cultivation of Intelligence

- When I don't get what I want, I get experience.
- I'm allowing my mind to continually develop now.
- More and more, I'm learning to think scientifically.
- I love using my mind in new and challenging ways.
- My intelligence comes from a spiritual source, and guides all of my actions.
- I get the amount of sleep that my body needs.
- I always consider the implications of my words and actions.
- I take time out to meditate and tap my supreme thinking power.
- I know the power of learning, and I'm taking my education into my own hands.
- Philosophical pursuits are natural functions of the mind.

for Anger Management and Self-Control

- I truly am a calm, even-tempered person.
- Life isn't always fair, so I don't expect it to be.
- I avoid arguments effortlessly.
- I release all forms of destructive rage.
- There's nothing wrong with being wrong.
- Sarcasm, bitterness and ridicule have no place in my life.
- I am the only person who controls my emotions.
- I am a positive person unaffected by the negative thoughts of others.
- I can and do forgive others for their mistakes.
- I'm discovering what it means to have healthy, supportive, long-lasting relationships.

for Mastering Time

- I am an action-oriented person.
- I believe in tending to situations before they become problems.
- When I need help, I ask for it.
- When I need to focus, I wrap myself in a cocoon of concentration.
- Being organized helps me to stay in control of my life.
- I am effective because my actions reflect my life purpose.
- When I need to move fast, I do.
- Today is my day to excel at everything I do.
- I can manage all of my responsibilities.
- No matter what I'm doing, I always do the best I'm capable of.
- The secret to my success is that I plan my work and I work my plan.

for Health, Wellness and Higher Energy

- I choose health and wellness more and more everyday.
- Joy is a healing force and I choose it for myself now.
- My thoughts are naturally loving and positive.
- I accept and love myself completely for who I am right now.
- I feel vibrantly alive and healthy.
- I don't eat if I don't need to.
- My sleep is relaxed and refreshing.
- I truly do deserve health, happiness and vitality.
- Everyday, in every way, I'm getting better and better.
- I accept all responsibility in managing my health.

for Powerful Concentration

- I'm free from all forms of diversion.
- My mind has a powerful, laser-like ability to focus.
- Learning is fun, and learning empowers me now.
- Concentration is focused attention. I do it effortlessly
- I love concentrating on my tasks
- Concentration frees me from futile and annoying thoughts.
- I minimize the effects of interruptions by keeping them brief.
- I develop my ability to focus at every opportunity.
- I can be aware of my surroundings without being distracted by them.
- My mind is growing calmer everyday.

for Spiritual Insight & Higher Consciousness

- I, Self-Law, am Master.
- Self-mastery is ordained for me.
- As I value life, life values me.
- My Higher-Self is all wise. I now draw nearer to it.
- There's nothing to gain by retreating into a childish state. I bring forth power, wisdom and evolution.
- All that I need is within me, waiting to be released.
- My energy field is filled with the light of compassion and wisdom.
- I allow myself to think and dream in limitless ways.
- I am dedicated to my soul's growth and unfoldment.
- I am a Godlike individual.