

# Affirmations

An affirmation is a positive self talk statement, stated in the present tense that will help in the process of achieving your goals. An example is "I am a great communicator". Read your affirmation as often as possible. By feeding your subconscious mind with this statement, it will find a way to make it a reality.

We have assembled an extensive list of powerful affirmations divided into different categories for you to use in your Vision Board.

For your convenience we have also added a suggested power word per affirmation.

## **Affirmations on Business**

### *Affirmation*

I have a vision for my business which is becoming a reality  
I balance my business and my lifestyle  
I value my work, my time and my product  
I set clear goals and achieve them one by one  
I achieve the highest rank in my plan  
I attract high quality associates  
I love to do prospecting calls  
I talk to two people a day  
I stay in touch with my customers  
I look for a way to up sell to every customer  
I talk to everyone to grow my business  
I am ethical in all my business dealings  
I am a good listener  
I am a fantastic public speaker  
Everyone I present to is interested  
By working with my team members I increase my leverage  
I ask for help when I need it  
People say no when they are not ready yet  
I increase the number of leads I generate every week  
In being successful I can help others  
I am not afraid of success  
I am unstoppable  
There are no limits to what I can achieve  
Success is with me, always  
I am very successful in what I do  
I am confident, strong and committed

### *Suggested Power word*

Vision  
Balance  
Value  
Commitment  
Success  
Attraction  
Sales  
Massive Action  
Follow up  
Effective  
Growth  
Integrity  
Listening  
Courageous  
Positive  
Duplication  
Coach able  
Timing  
Action  
Success  
Acceptance  
Determination  
Limitless  
Success  
Focus  
Strong

I am a great leader  
I have the power to change things for the better

Leadership  
Powerful

### Affirmations on Finances

#### *Affirmation*

I always have an abundance of money to meet all my needs  
I am financially comfortable  
Money gives me choices  
My greatest good is coming to me NOW  
I enjoy being wealthy  
Financial freedom is my destiny  
Money comes to me in abundance  
Money is naturally attracted to me  
I am debt free  
I am a millionaire  
I am good at saving money  
Prosperity is a state of mind  
I deserve to be rich  
I make 500.000 in my business  
I am a money magnet  
The universe provides whatever I ask for

#### *Suggested Power word*

Abundant  
Comfortable  
Choices  
Abundance  
Wealth  
Freedom  
Abundance  
Deserve  
Debt free  
Rich  
Save  
Prosperity  
Prosper  
Wealthy  
Attraction  
Belief

### Affirmations on Personal Development

#### *Affirmation*

I grow and as I grow my business grows  
I listen to motivational tapes every day  
I read one business book every month  
I can do it  
I enjoy new ways of thinking  
My studies are very important to me  
Learning is easy  
There is enough time for exploration  
I am a positive person  
I am excellent in public speaking  
By expanding my horizons I create opportunities  
I take action to change my life  
I am an organized person  
I read one book per month  
Developing myself gives me so much fulfillment  
There are no limits to what I can achieve  
Success is with me, always

#### *Suggested Power word*

Growth  
Exciting  
Learning  
Possible  
Innovation  
Future  
Learn  
Explore  
Positive  
Excellent  
Horizons  
Action  
Organized  
Reading  
Fulfillment  
Limitless  
Success

I am very successful in what I do  
I grow and as I grow my business grows  
I am confident, strong and committed  
I am unstoppable  
I have the power to change things for the better  
I am an excellent trainer for my team

Focus  
Expansion  
Strong  
Persistent  
powerful  
Coach

### **Affirmations on Spirituality**

#### *Affirmation*

I give and therefore I get  
I feel good about what I do  
I am a very creative women  
Balance for body and soul  
I love myself unconditionally  
I love life, and life loves me  
I feel safe and cherished  
Forgiving is good  
I leave the past behind and look forward to the future  
Life empowers and energizes me  
The time I spend on myself and soul is invaluable  
The universe unfolds the way it is meant to be  
Giving is the greatest good  
My angels surround me with their energy and support

#### *Suggested Power word*

Giving  
Satisfied  
Creativity  
Balance  
Peaceful  
Abundance  
Feng Shui  
Forgiveness  
Spirit  
Meditation  
Me  
Universe  
Generosity  
Angels

### **Affirmations on Family**

#### *Affirmation*

My parents mean well for me  
I spend at least 1 hour a day with my family  
The children need the attention I give them  
My family is my first priority  
My parents deserve time and energy  
My children listen to me and value my opinion  
I am a great mum and deserve the respect of my family  
I am a great Dad and deserve the respect of my family  
I love spending time with my children

#### *Suggested Power word*

Parents  
Family time  
Family  
Children  
Quality time  
Value  
Respect  
Respect  
Love

### **Affirmations on Friendship**

#### *Affirmation*

My friends are important to me and deserve my time  
I make friends easily

#### *Suggested Power word*

Friends  
Relate

People enjoy being with me  
I am a good friend to everybody  
Time with my friends is important  
Friendship can be challenging yet rewarding

Friendship  
Trust  
Loyal  
Challenge

**Affirmations on Health**

*Affirmation*

I am a healthy person  
I have a slim and beautiful body  
I have lots of energy  
I have improved my health tremendously  
My body is healing and getting stronger  
I love to nourish and treasure my body  
My body is in optimal shape  
I have a healthy diet so I am fit  
I have lost 20kg and feel fantastic

*Suggested Power word*

Healthy  
Beautiful  
Huge Energy  
Tremendous health  
Healing  
Nourish  
Optimal  
Healthy diet  
Perseverance

## **Affirmations on Relationships**

### *Affirmation*

Julie deserves the best  
My partner completes me  
I make my partner feel appreciated and loved  
Talking about challenges makes us stronger  
Our love life is fantastic and satisfactory  
I am in love, life is beautiful  
I have met the person I will spend the rest of my life with  
Every relationship is a journey you travel together  
Peter will always be with me in my heart and mind  
I deserve the perfect partner  
A good relationship deserves time and energy  
I give and therefore I get  
I will meet a fantastic partner

### *Suggested Power word*

Partner  
Complete  
Appreciation  
Communicate  
Fantastic  
Love  
Meeting  
Journey  
Forever  
Perfect  
Bonding  
Giving  
Partner

## **Affirmations on Spare time**

### *Affirmation*

I make time for fishing  
I relax, because I deserve it  
Gardening is very rewarding  
Being in nature gives me fresh energy  
I take enough time out for myself  
By taking time off for myself I rejuvenate and distress myself  
I travel the world

### *Suggested Power word*

Fishing  
Relaxation  
Gardening  
Nature  
Balance  
Rejuvenation  
Traveling

## **Affirmations on Sport**

### *Affirmation*

I am the best athlete in the world  
I am dedicated to my team  
I am training 2 hours a day  
I can lift 140 kilos  
I love to improve my body at the gym  
My mind is set to winning  
I am persistent in achieving my physical goals  
Doing my sport gives me so much energy

### *Suggested Power word*

Number 1  
spirit  
Persistence  
Champion  
Improvement  
Winning  
Persistence  
Energetic