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| **User Guide:** When you first start saying your [positive affirmations, t](http://www.trainersbox.net/words-that-makes-your-brain-happy.html)hey don’t necessarily have to be true, but as you continuously repeat them, they begin to sink into your [subconscious m](http://www.trainersbox.net/understanding-your-subconscious-mind.html)ind, you really start to believe them, and eventually they become your reality. This is because; by time, your positive affirmations will replace any limiting or negative beliefs you may have had about yourself. In effect, positive thoughts and beliefs enable you to reprogram your mind and instill behaviors like confidence, positivity and control over your life; allowing a real transformation to happen.  **How to Get Started:**   Print this page and put it in a place where you can see it every day, e.g. on your mirror, on your desk, next to your bed, etc.   Put yourself in a quiet and relaxing environment, shut out any source of noise or distraction. Seat or lay yourself in a relaxed position.   Take your time to get into a [deeply relaxed mode, y](http://www.trainersbox.net/relaxation-workshop.html)ou can start to take deep, slow breaths and may want to close your eyes for a little while. Focus on your breathing pattern and slow down your thinking.   Have your affirmations in-front of you, written down or printed out – especially if it is a new set.  Say your affirmations one by one. Say them in a loud voice or in your head. If you read them aloud keep a slow, confident tone of voice. Read each affirmation as if it is actually real or is already happening. Repeat the ones that stir positive ideas or feelings in you. You can record your voice and listen to yourself when you are practicing.   Try to visualize what you say.   Schedule time in your agenda (5- 10 minutes), preferably daily, to do this. Best times are right before you go to bed or right after you wake up; this is when your subconscious mind is mostly alert while your conscious mind would be too tired to resist or debate your positive suggestions.  You will notice a great improvement in your mood, self belief and determination to make positive changes *happen* in your life. Before you can change your life you need to change how you think. It's up to you and no one else. |

I am resourceful and have an infinite amount of great ideas to serve the world

I am a continuous learner and enthusiastically work until the job is done

I can recognize people who are here to make a difference

I have always had creative ways to develop ideas into reality

God always helps me when I am stuck

I have great persuasive skills that I demonstrate time and again

I am happy to be first to give and last to receive

I give people the confidence to stand up and protect their values

I strengthen the bond of love among the people of world

I never deviate from the path of honesty and justice

Respecting everyone is one of my core beliefs that I always stick by

Good judgement and empathy always helped me make the right decisions

Serving humanity gives me unleashed power

Honesty and integrity are my fundamental guiding principles and always keep me secure

My sense of humor always helped me to attract people’s hearts and minds

I want as many people as possible on this earth to be influenced by my positivity

I use my energy to spread my message of hope and optimism

I show people the way to a fulfill themselves and become the fullest expression of whom they really are