STEPPIN'UP MEDIA

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Use These Power statements as thought starters to build your own positive affirmations—it works best when you choose a sentence or two from each category and build paragraphs from them with the emphasis on it already being done

The Power of Power Affirmations

- My Power Affirmations work whether I believe in them or not
- I repeat my Power Affirmations everyday with emotional intensity, certainty, and faith
- My thoughts are creative. My Power Affirmations are now creating the reality I desire
- I now have all the resources I need to achieve my goals easily and effortlessly
- Every day in every way I'm getting better and better
- I set definite goals and create new Power Affirmations to achieve them quickly and easily
- What I imagine I can do I can do
- I am now making amazing progress towards all of my goals
- I am consciously aware of my beliefs. I only hold onto beliefs that support me
- Whatever I conceive and believe I can achieve
- I create my own luck everyday

Creating a Powerful Self-Image

- I am now confident and assertive
- I now walk and move with assurance, poise, and personal power
- I am growing more and more attractive everyday
- I am now friendly, outgoing, and confident
- I am now bold and courageous. I now seize my opportunities immediately

- ◊ I now have the ability to change anything in my life that I choose to change. I take complete responsibility for my life
- ◊ I now see myself as exactly the person I want to be: confident, self-assured, healthy, and prosperous
- ◊ Because I am committed to constant and never-ending improvement, my performance is improving everyday
- ◊ What I imagine I can do, I can do
- ◊ I am now fearless, courageous and bold
- ◊ I immerse myself in a powerful environment on a regular basis
- ◊ My thoughts, presence, charm, and charisma now inspire others to greater self-confidence and personal power
- ◊ I am now an outstanding leader who leads with confidence
- ◊ I increase my self-confidence by increasing my skills and abilities everyday
- ◊ I consciously choose the emotional state that I am in at all times
- ◊ I am now raising my standards in all the major areas of my life and am holding myself to those standards at all times
- ◊ I am now comfortable with a high level of uncertainty in my life knowing that without great risks there are no great rewards
- ◊ I now face challenging situations of great uncertainty with a feeling of absolute certainty and confidence that I can transform any challenge or set back to my advantage

Achieving your Goals: Using power Affirmations to Consistently Manifest the Results You Desire

- ◊ I am now living a life of design rather than a life of reaction
- ◊ I am now absolutely clear about the specific results I want in every area of my life
- ◊ I now step up with total power and passion to take whatever positive action is necessary to achieve my desired results
- ◊ Whenever I set a definite goal, I take immediate action towards its attainment to create and sustain massive momentum
- ◊ I am now spending my time, energy, and emotion on the goals that are most important to me rather than responding to the demands of other people. I am in control of my life
- ◊ I now do only what I do best and get other people to do the rest

- ◊ I now carefully measure and manage my progress towards my desired results everyday
- ◊ I accelerate my progress towards my desired results by studying other people who have been outstanding in that area
- ◊ Using tapes, books, music, and anything else around me that is easily accessible, I now create a controlled environment that keeps my mind focused on my primary outcomes everyday
- ◊ I am now focused on the results I want, driven by a passionate purpose, and charted with massive action plans
- ◊ I now see things exactly the way they are, exactly the way I want them, and now take massive action to close that gap

Creating Physical Power, Health, and Vitality

- ◊ My health, energy, and vitality are increasing everyday
- ◊ My positive thoughts are now creating the body that I desire
- ◊ I am a lean, mean, fat burning, muscle building machine
- ◊ I am now totally energized. My body is now exploding with massive amounts of energy and enthusiasm
- ◊ I now eat all the right foods for optimum health, energy, and peak performance
- ◊ My body is healing and regenerating itself everyday
- ◊ I now have all the energy I need

Creating Power Relationships

- ◊ I now make good friends quickly and easily
- ◊ Good people are attracted to me every day. They want to meet me
- ◊ I now create outstanding rapport with other people quickly and easily
- ◊ I now surround myself with positive, proactive people
- ◊ I will encourage others to help me because of my willingness to help other people
- ◊ I will cause other people to believe in me because I believe in them and in myself
- ◊ When people first meet me, they like me instantly

- I now accomplish my goals with the benefits to others in mind
- I treat every person I meet with respect, mercy, tolerance, and understanding
- I now look for the good in every person I meet and I find it
- I am now genuinely interested in other people
- I remember the names of other people easily and effortlessly
- When I speak to others, I focus on their interests not mine
- When I need someone to do something, I make them feel happy to do it by pointing out the benefits to them

Enjoying more love in your life:

- I give and receive love effortlessly.
- Genuine love comes to me effortlessly.
- I feel loved and loving all the time.
- I release the pain of my unpleasant experiences in love.
- I commit to loving and feeling loved all the time.
- I live in expanding waves of love and creativity.

Creating Wealth and Financial Abundance

- I am now wealthy
- I am now a financial genius
- I now earn, save, spend, and invest my money wisely
- My outstanding ideas, energy, and passion are now creating new wealth for me and others around me
- Every dollar I spend returns to me massively multiplied
- I manage my money effectively with precision
- I now have all the money that I want and need
- Through my power of intention, I effortlessly attract all the wealth I need and desire
- I am now accumulating vast amounts of wealth consistent with my integrity and honesty
- I am now receptive to unexpected gifts of wealth
- I am a gracious giver and receiver
- My financial abundance is now exploding massively 24 hours a day even when I am playing, eating, and sleeping
- I am now earning massive amounts of wealth doing what I love to do while rendering useful service to other people
- I am a money magnet

I OWN MY POWER!

By NSD Sabrina Goodwin Monday

I OWN MY POWER!

My power resides within me!

Nobody will take my power because my power belongs to me !

I will become what I believe

My thoughts control my actions.

I believe beyond what I see

My dream is big enough, therefore the facts don't matter!

I own my power

My best days are ahead

I have made the choice to change,

Change my work habits,

Change my attitude

Change my belief, therefore changing my Bank Account!

When I change, everything around me will change!

Change is my choice – I OWN MY POWER!

Watch out world - I'll see you at the TOP!