

## 12 AFFIRMATIONS

### First Four: Inner Peace, Vitality, and Health \_\_\_\_\_

- 1) I have profound peace of mind and my aura draws in the power of the universe with every breath. My energy vibrates at the highest level and my breathing is deep and regular like the rhythm of the oceans.
- 2) I conquer my fears and cravings, and my weight and physique are ideal. I grow younger naturally every day, through nutrition and exercise I enjoy; I'm light, quiet, and flowing inside... with love. When I walk into a room, I radiate energy, joy, and enthusiasm.
- 3) My senses are acute, and sharpening every day. I have the calm, deep, untroubled, centered awareness of a Zen master.
- 4) My health is excellent and I will live as long and as youthfully as I wish, as will my friends and family. [Words for health of specific family and friends.]

**Comment [bw1]:** I came up with these after reading Napoleon Hill, *Think and Grow Rich*. I try to walk through them, at least silently, three times per day.

**Comment [bw2]:** You can also set up a night-time tape recording to play these during your sleep.

**Comment [bw3]:** You don't have to actually be there now, but it creates an image that turns into reality soon.

**Comment [bw4]:** BTW, IMHO, meditation *and* exercise are indispensable for success.

**Comment [bw5]:** This Zen thing was an inspiration, and I find uttering the single statement keeps me focused and relaxed in real time.

### Primary Goal Statement \_\_\_\_\_

[Here I state my intention to make a specific amount of money in consequence of some productive action, and I spell out the amount of time per week and specific actions I'll be taking to achieve the money, as well as when it will happen.]

### Goal Actions and Character Development \_\_\_\_\_

- 5) Before [date], I'll achieve [some subgoal in pursuit of the main goal]. I'm one of the best [what I'm the best at] and I'm improving constantly.
- 6) I make good timely decisions and carry them out; I use time, money, and energy efficiently. Day by day in every way I'm getting better and better and better.
- 7) I care about people, listen to them, and we help one another to achieve success.
- 8) I know what I want. I'm attractive and supremely confident. I understand the details of everything related to my goal and I know things exactly. I am sure of myself.

**Comment [bw6]:** Just a general positive comment.

### Freedom, Golf, Woman, and Song \_\_\_\_\_

- 9) This is the schedule I see for political regions becoming free, benevolent, rational, and prosperous (FBRP): New Hampshire by end of [year], the country by end of [year], and the world by end of [year]
- 10) I break 80 in golf consistently, and my game has no major flaws. [Another line or two about golf.]
- 11) [Romantic goals].
- 12) [Music goals].

**Comment [bw7]:** This is where I have my four special personal visions. I'd recommend you form your own according to your own tastes and opinions.