

FREE SUCCESS SYSTEM OF THE
EMPOWERED MILLIONAIRE INSTITUTE

**DAY
46**



'90 DAY CHARGE'

(NOVEMBER 15 - S3 MODULE 14)



BASED ON THE
'MVP'
MILLIONAIRE
VALUE PACK

CONCEIVED AND DEVELOPED BY JAMES LEE VALENTINE
ESPECIALLY FOR YOU AT **Great Personal Expense**

(90 DAY CHARGE – ABRIDGED VERSION)
S3 EMPOWERED MILLIONAIRE COACHING
POWERIZER WORKBOOK

MODULE 3.4
POWER AFFIRMATIONS

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MODULE 3.4

POWER AFFIRMATIONS

*“Thou shall decree a thing and it shall
be established unto thee.”*

THE BIBLE

The repeating of empowering affirmations is one of the most important disciplines behind all successful accomplishment. Affirmations are essentially clear and powerful sentences repeated over and over to oneself that something is already so. They are also widely known as self-talk, self-suggestion, autosuggestion and plain talking to oneself. Affirmations are one of the easiest and most straightforward techniques known for influencing the conscious mind. They are used for replacing negative thoughts with more positive ones, and used for building empowering belief systems.

Either silently or aloud, affirmations can be repeated at any time and at any place. They can be performed upon waking first thing in the morning, in the car driving to work, whilst out walking, standing in line at a supermarket, working out at the gym, sitting in a room waiting for an appointment or affirmed just before going to sleep. I must be the one to decide when and where I am comfortable stating them. The vital point is in the repetition of my affirmations on a regular and consistent basis to affect change and manifest the new conditions I seek. Affirmations can transform my life, but only if I will first imbed them into my consciousness through enforced repetition. How do I begin my usual day, and what is the first thing I say to myself upon arising? Today I shall declare a series of dynamic affirmations to get my day off to a great start. I shall develop this practice into a daily winning discipline and see how terrific I can feel.

It's Day 46 . . . I'm empowered for life!

Formula for Successful Affirmations

For the stating of effective affirmations, here are eight important guidelines for me to earnestly study and adhere to:

1. Personalize My Affirmations

My self-talk must relate directly to me. Therefore, as much as possible, I should begin my affirmations with “I . . .” and keep them personal to me. These are suggestions and instructions for improving *my* life, so I should begin most of my affirmations with myself as the subject.

➤ *I am successful in manifesting all of my material desires!*

2. State My Affirmations in the Positive

I shall always state my affirmations in the most positive and empowering way possible. I must affirm the condition I do want, not what I don't want. I should be describing that which I desire to create or achieve. “I am . . .” or “I have . . .” are an excellent beginning for my affirmations.

➤ *Today is a magnificent day of opportunity!*

3. State My Affirmations in the Present Tense

I shall state my affirmations in the present tense *now* as opposed to the past or future tense. It is important to create my desire as if it already exists. For instance, instead of saying: “I *will be* healthy, strong and full of energy,” say: “I *am* healthy, strong and full of energy!” This is not telling an untruth, it is acknowledging that everything originates first on an inner level before it materializes in my outer reality.

➤ *I am healthy, strong and full of energy!*

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4. Keep My Affirmations Short

A universal rule is the shorter and more potent the affirmation, the more effective it will be. My affirmations should be short, sharp, empowering statements that convey a vivid impression. The more emotional intensity my affirmations carry, the greater the impact they will have on my mind.

➤ *Something wonderful happens to me every day!*

5. State My Affirmations With Conviction

If a General stood before his troops and asked in a wishy-washy manner for them to sort of, kind of, perhaps, maybe come to attention, the result would not be too impressive. But if he stood tall and erect before his regiment and commanded “Attention!” then the soldiers would precisely execute the command to a man. Now, I must speak firmly to my mind and lay my demands upon my mental powerhouse. I am the General and all the cells of my being are waiting to carry out my commands. Therefore, I must state my affirmations with total conviction and confidence. Then I can rest easy with the positive expectancy and inner belief that the desired outcome will soon manifest itself.

➤ *My success is now assured. No power can keep me from the success that is divinely mine.*

6. My Affirmations Must Be Sincere

I must ensure my affirmations are for results that I earnestly desire — I must wholeheartedly want to manifest the results I am stating. This makes them sincere, and increases my chances of following through with a course of affirmations until the desired objective is attained.

➤ *I am successful in all that I think and feel and say and do!*

It's Day 46 . . . I'm empowered for life!

7. My Affirmations Must Be Written

Remembering that pen and paper are two of the most powerful tools in my winner's arsenal, I shall get into the habit of writing my affirmations. Writing keeps me on the right track, crystallizes my thoughts and motivates me to take action toward my intended goal. A written affirmation helps me to visualize the desired result, at the same time fending off distracting influences and tempting diversions.

➤ *Yes... today is a scintillating day for awesome achievement!*

8. Repeat My Affirmations Often

The secret to successful affirmations is in repetition, repetition, repetition! I shall keep repeating them until the desired result is attained. A minimum of twice a day with feelings of high emotional intensity is recommended. Performed upon waking and repeated again before going to sleep is the ideal situation.

➤ *I am on schedule to be an Empowered Millionaire!*

My 'Just for Today' List

Every morning — just for today — I shall write three dynamic affirmations, each related to one particular theme. These can be associated with any topic I feel strongly about on that particular day. For instance, perhaps this day I will choose financial:

- *I am a money magnet!*
- *My income is continually sky-rocketing!*
- *Something financially miraculous will happen to me today!*

I shall carry this list of affirmations with me all day, perhaps in my wallet or purse. Then, whenever I get the chance, I shall affirm them in a firm and confident manner to empower myself.

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Positive *Power Affirmations* For Me To Declare

The most effective technique in developing self-motivation is the stating of affirmations. When I state affirmations, the full potential of my creative power is released and I uncover a multitude of ways for achieving my aims. I must develop powerful affirmations to motivate myself. For outstanding success, I must always follow my affirmations with enthusiastic action in alignment with the exact stated desire. Following is a list of seventeen *Power Affirmations* from which I can choose several that inspire me. From now on, I shall be more aware of my own self-talk and substitute such power-packed phrases whenever I need a shot of confidence to my psyche.



This is an abridged version
of the *S3 Module 3.4*.

The full module is available exclusively
with the one-year *MVP2010* program.



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