

Affirmations

(idea from Noah St. John, success coach)

You and I are creating our lives at this very moment in two ways: By the statements we say to ourselves and others and by the questions we ask ourselves and others. Your mind has what we call an Automatic Search Function. Which means that when you ask yourself a question, your mind automatically begins to search for an answer.

The greatest biblical teachers of all time taught “as you sow, so shall you reap.” This is the law of sowing and reaping. WHICH means that what you focus on with your mind and energy or thought will grow.

Your mind is like a computer. Once you put your affirmations in motion and keeping asking new questions, your mind will SEARCH for the answer without your conscious knowledge. The answer will begin to appear in your life.

Here are some affirmation examples for different areas of your life:

Goals & Plans:

1. Why are my plans so achievable?
2. Why are my plans becoming my reality?
3. Why does God delight in my plans?
4. Why am I unstoppable in completing my plan?
5. Why am I so safe to succeed?
6. Why is success so much fun?

Organizing and Delegating:

1. Why am I so blissfully organized?
2. Why are all my systems working perfectly?
3. Why do I delegate with confidence?
4. Why is it OK to let go?
5. Why are systems and order my two new best friends?
6. Why do I give myself permission to grow?

Body Image:

1. Why do I love my body?
2. Why am I so healthy?
3. Why am I so emotionally healthy?
4. Why is my stamina unstoppable?
5. Why do I take such good care of my body?
6. Why do I see the beauty in others?
7. Why do I feel so adorable?
8. Why is it so much fun to be me?

Leadership:

1. Why do I always lead by example?
2. Why am I always open to learning?
3. Why am I a woman of such positive influence?
4. Why do I build and encourage team spirit and unity?
5. Why does opportunity come to me so easily and so often?
6. Why is God pleased to see me lead?

Selling:

1. Why are my products so easy to sell?
2. Why is it such a joy to share and sell products?
3. Why do I consistently exceed my expected totals each and every week?
4. Why do I offer an opportunity nobody can resist?
5. Why is building my wildly profitable business so exciting?
6. Why do I get so excited about placing a huge order?

Recruiting:

1. Why is it a joy to share my story with people?
2. Why is my team growing and exploding above and beyond my wildest expectations?
3. Why are women attracted to me, my positive energy and my enthusiasm about my work?
4. Why am I the perfect role model for my recruits?
5. Why are do many women eager to share the dream?

Booking:

1. Why is the phone my best friend?
2. Why is booking so easy for me?
3. Why do so many women consider it a privilege to book with me?
4. Why am I such a joy to work with?
5. Why am I a booking machine?
6. Why is my family so proud of the amount of bookings I have?

Coaching:

1. Why do I have the perfect number of new faces each week to grow my customer base?
2. Why are hostess plans so fun and successful?
3. Why is coaching so rewarding?
4. Why do all my hostesses and their guests truly enjoy me?
5. Why do I connect with light heartedness and humor to all my hostesses and their guests?

Self Image:

1. Why am I so confident?
2. Why am I so respected in my work and in life?
3. Why do I have so much natural self-confidence?
4. Why am I so loving and capable?
5. Why do I provide such enormous value for the people in my life?

6. Why am I so passionate?
7. Why are leaders so attracted to me?
8. Why does my unit/team members want to emulate me?

Faith / Family / Career:

1. Why do I so easily plan my work and work my plan?
2. Why do other women desire my lifestyle?
3. Why do I attract money, prosperity and abundance to me?
4. Why is my life in such balance and order?
5. Why is every day filled with pleasure and peace?
6. Why do I have such a happy, healthy family life?
7. Why do I catch my spouse and or children doing something right at least once a day?
8. Why is my spouse so wonderful?
9. Why am I so lucky to be me?

(taken from the pink book of affirmations by Noah St. John)