



MindTeam Solutions

100 Affirmations

Words You Use To Create Your Success

Affirmation Instructions

When spoken on a daily basis, affirmations change lives by changing unconscious mindsets. Follow these instructions as you read, adapt, and adopt these affirmations for your life.

- Decide on what area of your life you want to work and then determine what you want.
- Be alert; be sharp; be relaxed when you say your affirmations.
- Use as many of your senses as possible to be present with each affirmation. Visualize examples in your mind. Experience them. Allow them to become real for you.
- Take an affirmation and own it. Believe it to be true for you. Affirm what you own.
- Practice affirmations regularly and consistently. Pick a specific time of day to make your affirmations and stick to that time. Make it a period when your mind is most receptive – typically when you first arise or the last thing you do before going to sleep.
- Linger awhile with your affirmations. Meditate on them before moving on to the day's tasks.
- Incorporate the spirit and intent of your affirmations into all that you do. Make them your practice as well as your promise.

Monitor your progress. Evaluate your achievements and note your setbacks. Revise your plans accordingly and be diligent about continuing your affirmations.



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Vision

1. Clarity and distinctiveness pervade my thinking. My inner vision is clear and focused.
2. I am gifted with a comprehensive recall and a good memory.
3. I have strong powers of concentration. I think precisely what I choose to think.
4. I have complete control over admitting or excluding external and internal stimuli.
5. I am accustomed to making logical connections.
6. I readily distinguish between what is important to remember and the trivia and minutia that clutters the mind.
7. I get the point quickly and can respond immediately in complex conversations.
8. I have an excellent vocabulary upon which I continuously expand by reading, listening, and engaging in conversation with people more brilliant than I.
9. I have a strong grasp of detail and excellent view of perspective.
10. I see clearly with my mind's eye how dramatically the world has changed and how that change accelerates.
11. I have an expanded breadth and depth of interest, information, and knowledge that I constantly feed and update through multiple medium.



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Reality

12. It is natural and easy for me to see beauty.
13. I can adapt myself to ever-changing situations.
14. I have the fortitude to move forward, and do so with confidence, from the most frustrating and confusing situations.
15. I understand how others perceive me.
16. I behave intelligently in the areas of fundamental health, nutrition, rest, recreation, education, career, finances, law, and social responsibility.
17. I am well informed about public affairs, politics, scientific and technological advances, developments in literature and other arts, economy and finance, sports, key world problems, and expectations for the future.
18. I live each day as though there will be no tomorrow.
19. I know that life proceeds in cycles and that the nature of the cycles themselves is unpredictable. The only thing predictable is that life continually changes.
20. I love a challenge. I love competition. I translate this mindset into continuous action.
21. I am in touch with the “real world”. I have no illusions.



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Trust

22. People trust me, without reservations. They consult me about their deepest problems.
23. I am a genuine person. Who I am, with no pretense, is who others experience.
24. I daily realize my fundamental values in life. I live confidently on a bedrock of solid core values. I am supremely comfortable with my values.
25. I am trustworthy and fair. I am a person of substantial credibility.
26. I reject gossip and innuendo. I refuse confidences that will knowingly cause harm to other people.
27. I respect and fully honor personal and professional confidentiality.
28. In my mind there are no “white lies” or “gray areas”.
29. Others count on me in an emergency.
30. I treasure wisdom. I am rich in wisdom.
31. I owe no one explanations for my behavior, which is legally, morally, and ethically correct.
32. I trust my instincts to know and do what is best.
33. I let go of worn-out things, conditions, and relationships. I establish order in myself and my world. I let go, and trust.



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Self-Esteem

34. I love and accept myself. I am unique and loving; loved and free.
35. I feel very secure. I have an abiding peace of mind. I feel safe and protected.
36. I live exactly the way I want to live. I lead a very rich life.
37. I am a good person – kind, considerate, generous, understanding, helpful. I am compassionate.
38. I am an extremely fortunate and happy person.
39. I am very centered and secure. I am a strong person.
40. I am persistent and will always be rewarded for my persistence. I possess an unwavering singleness of purpose for that about which I am passionate.
41. I have the strength to manage my anxiety. I make constructive use of my negative feelings.
42. I am a person with strong self-confidence tempered by the wisdom of experience.
43. I am a dignified person.
44. I am a rich treasure ready to be found.
45. I have the right to feel the way I do.



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Balance

46. I express anger in appropriate ways so that peace and harmony are balanced at all times.
47. I am at one with the inner child in me.
48. There are beautiful things happening in my life daily.
49. I am aware of all of the beauty around me. I embrace my oneness with nature, the seasons, the sky, and all of the colors, smells and textures.
50. I deserve to relax. As I stop and relax I refresh my mind, my body and my spirit.
51. I make time today for true priorities in my work and in my personal life.
52. Who I am is equally as important as what I do.
53. I offer myself a day of nurturing this week. I deserve it!
54. I choose serenity now, as I allow myself to go within and to connect with the comforting silence of my soul.
55. As I close my eyes and take a deep breath, I inhale uplifting feelings of peace and calm. I exhale and release any tension or stress.
56. I devote a percentage of my time and attention to the personal, professional, spiritual, relationship, and self parts of my life



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Relationships

57. I achieve great success in bonding. I feel fully in touch with everyone I meet.

58. I have some exceptionally close friends. I also have multiple relationships at multiple levels of intimacy. I can compartmentalize my relationships, allowing me to simultaneously maintain them at their various levels.

59. I know how to connect with, and am sensitive to, people. I like people and they like me.

60. I am an excellent communicator. I am fully aware of differences in communication styles. I am conscious of the ways in which people perceive and interpret what their senses receive.

61. My professional and personal contacts are deeply satisfying.

62. I do all I can every day to make a loving environment for all those around me, including myself.

63. I am surrounded with loving, caring people in my life. I am loving and accepting of others.

64. There is no greater joy than giving; for this is love. What I want for myself, I give to others. It will come back to me a hundredfold.

65. I have provided a harmonious place for myself and those I love.

66. I am the best friend I have.



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Career / Profession

67. People compete to have me on their team. I have an excellent record of making teams successful.
68. I know that the world is made for the leadership mind. I know that my leadership mind, which is a product of evolution, can cope with world realities. As I act on these principles, the world responds and becomes familiar and congenial.
69. “When the going gets tough, the tough get going.” I live every day by this principle.
70. I am able to complete complex assignments in a very short time. I get results.
71. I conquer information overload. I have an expanded breadth and depth of interest, information, and knowledge.
72. I am the top [position/title] in my organization. I produce the most results of anyone in the organization, contributing most significantly to my organization’s bottom line and stellar reputation.
73. My work is recognized positively. I am rewarded for the work I do.
74. I respect my abilities and work to my full potential.
75. I continually add to my income. I spend money wisely and have enough money for all that I need.



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Spirit

76. I feel the deepest compassion and empathy for all human beings and for all sentient beings.
77. I have the capacity to understand and forgive.
78. I live with a gratifying sense of fulfillment.
79. I speak out for human dignity. I willingly sacrifice myself for others if they are not treated fairly.
80. Life for me is complete. I am peace with the Universe.
81. Humility, compassion, devotion, and wisdom are the most desirable of all human traits.
82. I am an example of how a person tolerates moral pain – ethical conflicts, betrayal, and confrontations with injustice.
83. I am fully willing to face death. I am not afraid to die.
84. I remain calm under grave provocation and intense stress.
85. I willingly face evil. I can be trusted to stand up to evil.
86. I have personally developed my own belief system. My beliefs are right for me and only for myself, without imposition on others.
87. I respect that others have their own belief systems and accept others' beliefs as right for them, without imposition on me.



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Self

88. I live with the ambition to be the best that I can be. I always “think big”.
89. I know I will grow continuously as long as I live.
90. Only I can change the world I have created. There is no danger in change.
91. To get what I really want, I must change. I have the power to change.
92. I am a free person in an unfree world. I am in touch with my inner freedom. I act with initiative.
93. I have exceptional tolerance for severe physical pain.
94. I am highly motivated. I have boundless energy and undying enthusiasm.
95. I live my own life. I live in my own life style.
96. I freely exert my own judgment. I have my own considered opinion on most issues.
97. I make decisions at the right time. I know the importance of timing.
98. I always look ahead, whether driving a vehicle, planning for the day, thinking about life, or making strategic choices.
99. I learn very quickly. I have an unquenchable faith in the continuous sharpening of my mental abilities.
100. I have an excellent grasp of detail and view of perspective.



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