

AFFIRMATION EBOOK

EMBARK ON A LIFE-CHANGING
JOURNEY TOWARDS
UNPARALLELED SUCCESS AND
PROSPERITY!



200
AFFIRMATIONS
200

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THE POWER OF AFFIRMATIONS

WHAT ARE AFFIRMATIONS?

Affirmations are Powerful Tools that if used effectively can literally help us achieve anything we want in life as long as we do not use them to violate anyone's rights and what we want is within the limits and bounds of Nature.

Sometimes, life throws us a curveball that sends us completely off balance. We seem to lose our belief in ourself. Our self confidence, self esteem and self worth seem to be shaken up. We find ourselves running to catch up with life and find ourselves on a hamster's wheel gaining speed and losing the courage to face our challenges.

The power of affirmations lies in their ability to shape our thoughts, beliefs, and ultimately, our reality. Affirmations are positive statements that we repeat to ourselves, consciously reinforcing positive beliefs and intentions. When practiced consistently, affirmations can have a profound impact on our mindset, behavior, and overall well-being.

They can be recited, written down, and listened to at regular intervals of time during the day for maximum benefit to an individual.

Compiled in this book are 200 affirmations in areas of Health, Wealth and Happiness. You can choose the ones that truly resonate with your heart and immediately put them to practice.

HOW TO WRITE AFFIRMATIONS?

Affirmations are a form of auto suggestion which is the most powerful force in the Universe.

It is recommended to approach writing Affirmations with an attitude of Gratitude as it is a suggestion we are making from ourself to ourself. The 1st person we need to be grateful for is Ourself You can't really be grateful to God if you can't be grateful to your own existence first. Self care is a divine responsibility.

I suggest you start every affirmation using the statement "I am so Happy and Grateful now that....."

For example: "I am so happy and grateful now that I have received this book to help me choose the affirmations I need to improve my life". Thank you Universe.

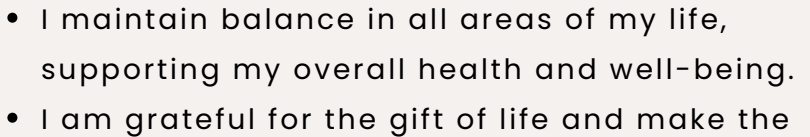
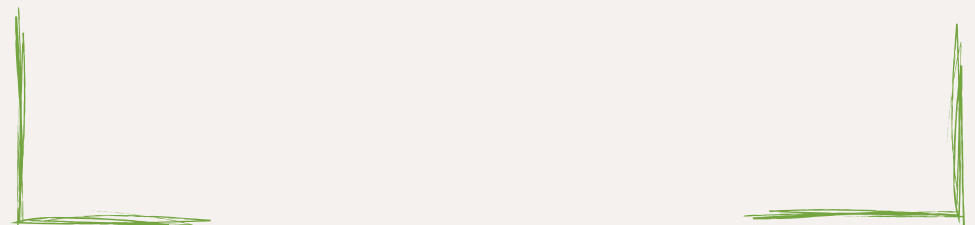
Health Affirmations

I am so Happy and Grateful now that:

- I am enjoying perfect health
- I am always in a loving vibration irrespective of my circumstances
- Every cell of my being is vibrating in harmony with God's Laws. My mind is relaxed and focused. My soul is calm.
- My body is very flexible at all times
- My mind is calm and controlled.
- I choose to be at peace at all times.
- I have a very positive attitude towards life.
- I wake up feeling happy and refreshed everyday
- 11. I seek for the good in everything that manifests in my life.
- 12. I study daily so I am always perpetually growing in awareness
- I love my body. I take great care of nourishing it with healthy foods.
- I am a very optimistic person.
- I treat my body like a sacred place as I live in it.
- I am grateful for my body and treat it with love and respect.
- I am in perfect health, both physically and mentally.
- Every cell in my body radiates with vibrant health and energy.

- I nourish my body with healthy and nutritious foods.
- I prioritize regular exercise and movement for optimal health.
- I am strong and capable of achieving my fitness goals.
- My body has a natural ability to heal itself, and I support it in doing so.
- I am in harmony with my body, mind, and spirit.
- I breathe deeply, filling my body with fresh air and vitality.
- I am the master of my health, making conscious choices that support my well-being.
- I radiate vibrant energy and vitality in everything I do.
- I am always full of Energy
- I choose to be happy at all times
- I love my eyes as they help me see so clearly.
(You can use for all 5 senses)
- I love my belly as it digests my food well.
(You can use for other Body Parts)
- I appreciate myself as I know I am the highest form of creation
- I forgive those who I feel have hurt my feelings by sending them love.
- I am at peace with myself and everyone else

- I am in control of my Emotions at all times.
- I am grateful for my strong immune system that keeps me healthy and protected.
- I am at peace with my body and appreciate its unique beauty.
- I am a magnet for good health and attract positive health experiences into my life.
- I listen to my body's needs and respond with care and compassion.
- I am proactive in taking care of my health, scheduling regular check-ups and screenings.
- I am in control of my health and make empowered choices that support my well-being.
- I have a strong and healthy heart that beats with love and vitality.
- I am relaxed and at ease, allowing my body to function optimally.
- I am grateful for the abundance of fresh, nutritious food available to me.
- I sleep deeply and peacefully, waking up refreshed and energized.
- I am in tune with my body's signals and respond with self-care and healing.
- I am resilient and bounce back quickly from any health challenges.

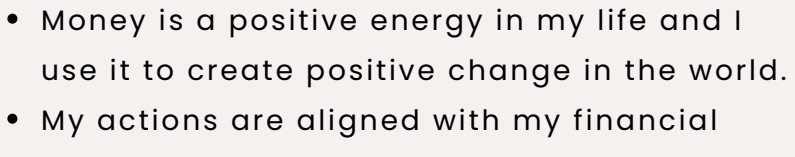
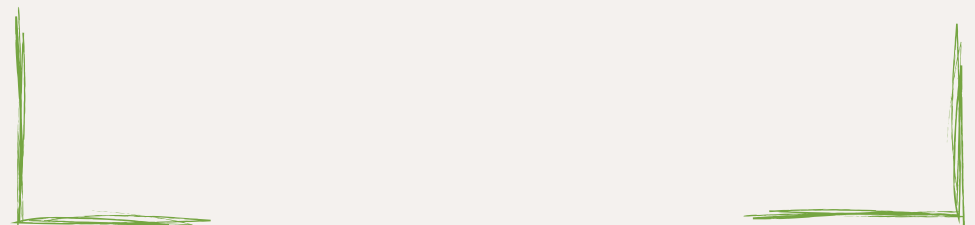
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- I maintain balance in all areas of my life, supporting my overall health and well-being.
 - I am grateful for the gift of life and make the most of each day with vitality and joy.
 - I radiate positive energy that supports my overall well-being.
 - I am open to receiving healing and support from the universe.
 - I trust my body's innate wisdom to guide me towards optimal health.
 - I am in perfect health, and my body thrives in its natural state of well-being.
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WEALTH AFFIRMATIONS

- Money is my best friend
- I earn Money effortlessly
- I always have an abundance of money that meets all my needs and wants.
- I am always happy enjoying my life knowing that the Universe always supports me financially
- I always buy whatever my heart wants
- I am a money magnet
- I am continuously attracting money from multiple sources of Income.
- I am helping so many people learn how to earn money because I have learnt how to earn it easily.
- I love serving the world with an education that can help them achieve time and money freedom
- I deserve to earn how much ever money I want.
- I am worthy of a Luxurious life
- I am living an Opulent Lifestyle
- I am a millionaire
- I gracefully receive money in my life.
- only focus on Luxurious things.
- I am so Prosperous.

- I am surrounded by people who are wealth conscious.
- My team members are very wealth conscious
- I only see abundance everywhere I look
- I focus on my Growth at all times
- I talk about how successful I am at all times
- I have a very positive attitude towards Money
- It is my Creator's pleasure to shower me with life's riches
- I am always discussing wealth generating ideas
- I have enough time to enjoy all the money I earn
- I have more than enough money which empowers me to help so many people in the world
- I feel abundant irrespective of my circumstances
- I earn money very easily by assuming the feeling on my wish fulfilled
- My wealthy lifestyle permits me to enjoy work-life balance
- I only drive Luxury Cars.
- I am able to support great causes for the benefit and well-being of others
- I feel so fulfilled living my life's purpose

- Money comes to me through God through people and circumstances.
- I keep Money in circulation with the Faith that it always comes back more
- I am living my purpose and I get rewarded in abundance from the Universe
- I feel Opulent no matter what my circumstances
- Money comes to me in increasing amounts from Multiple Sources of Income
- I am confident in my ability to create wealth and prosperity in my life
- I am living a life of abundant joy and financial freedom.
- My work is being appreciated and my income is continuously increasing.
- I am always in an attitude of gratitude for the money I have and that attracts to me more money to be grateful for.
- I welcome money into my life with open arms
- I am always giving money to support causes I believe in.
- I only focus and affirm the prosperity I desire
- I am always open to new opportunities for wealth and prosperity.
- I am a Magnet for Peace and Prosperity
- My bank account is constantly increasing with an abundance of money.

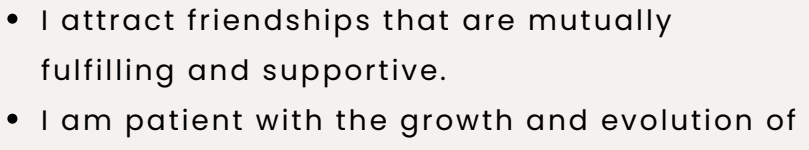
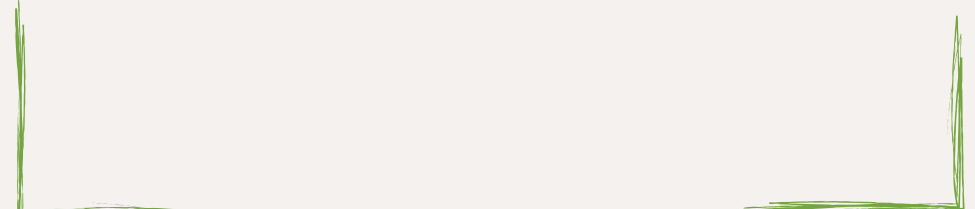
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- Money is a positive energy in my life and I use it to create positive change in the world.
 - My actions are aligned with my financial goals and desires.
 - My financial success is a reflection of my Growth Mindset
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RELATIONSHIPS AFFIRMATIONS

- I love myself everyday
- I believe in my power to create the life of my dreams
- I have a great attitude towards life
- I send love to every being in the world daily
- I create a safe and trusting space for open and honest communication.
- I respect everyone as a form of God
- I have an awesome attitude towards myself and others
- I respect myself and everyone else
- I am true to myself at all times.
- I leave everyone I meet with the impression of increase.
- I love helping people in whatever way I can.
- I am open-minded and receptive to new perspectives and ideas.
- I am continuously attracting people who want to help me
- I help many parents understand their teens so they can help their teens cope better with life.
- I have a very strong self image
- I always look for the good in every adverse situation.

- I am great at switching my focus so I can be in a good vibration at all times.
- I keep improving my results on a daily basis.
- I communicate with kindness, compassion, and understanding.
- I am committed to resolving conflicts peacefully and respectfully.
- I am reliable and trustworthy, honoring my commitments to others.
- I am a supportive and encouraging friend, celebrating others' successes.
- I respect other people's autonomy.
- I show appreciation and express gratitude for the people in my life.
- I am a good listener, genuinely interested in others' thoughts and feelings.
- I am open to giving and receiving feedback, knowing it helps strengthen relationships.
- I am present and fully engaged when interacting with others.
- I am a source of positivity and inspiration in the lives of others.
- I communicate my needs and boundaries effectively, promoting healthy relationships.
- I am respectful of others' opinions, even when they differ from my own.
- I take responsibility for my actions and apologize when I make mistakes.

- I am committed to nurturing long-lasting and meaningful relationships.
- I celebrate the uniqueness of each individual and appreciate their contributions.
- I surround myself with people who uplift and inspire me.
- I attract healthy and balanced relationships into my life.
- I am a good friend/partner/family member, offering my support and understanding.
- I am open to deepening my connections and creating meaningful bonds.
- I appreciate the unique qualities that each person brings to my life.
- I am committed to dealing with others in a fair and respectful manner.
- I am a positive influence in the lives of those around me.
- I am grateful for the relationships I have and actively cultivate them.
- I am a source of comfort and strength for others during challenging times.
- I choose kindness and compassion in my interactions with others.
- I practice self-care, ensuring I have the energy and love to give to my relationships.
- I am a good communicator, expressing myself clearly and assertively.

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- I attract friendships that are mutually fulfilling and supportive.
 - I am patient with the growth and evolution of my relationships.
 - I am worthy of love, respect, and fulfilling relationships.
 - I am patient and understanding, allowing others to express themselves fully.
 - I practice empathy, putting myself in others' shoes to better understand their experiences.
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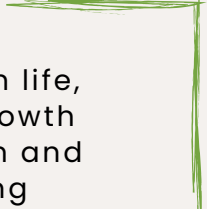

AFFIRMATIONS FOR HIGH-TICKET SALES IN YOUR BUSINESS

- My business is a magnet for ideal high-ticket clients.
- I have a unique value proposition that resonates with high-ticket clients.
- I am confident in my ability to attract high-ticket clients to my business.
- I am deserving of success and abundance in my business.
- Every day, my sales skills improve and grow stronger.
- I attract ideal clients who value and appreciate my products/services.
- I am a persuasive communicator, able to clearly convey the value of what I offer.
- I am a magnet for opportunities that lead to increased sales.
- I am open to receiving abundance and prosperity in my business.
- I am focused and determined to achieve my sales goals.
- My confidence and enthusiasm naturally attract customers.
- I effortlessly connect with potential clients and build meaningful relationships.

- I am a problem solver, helping customers find solutions that meet their needs.
- Each sales call or meeting brings me closer to achieving my targets.
- I am passionate about my products/services and convey that passion to other
- My business is a magnet for ideal high-ticket clients.
- I am worthy of attracting high-paying clients to my business.
- I have a unique value proposition that resonates with high-ticket clients.
- I am confident in my ability to attract high-ticket clients to my business.
- I effortlessly connect with high-ticket clients who align with my vision.
- My marketing efforts effortlessly attract high-ticket clients.
- I radiate confidence when speaking to high-ticket clients.
- I am a natural at building relationships with high-ticket clients.
- High-ticket clients are eager to work with me and experience my services.
- I am a magnet for high-ticket clients who are ready to invest in their success.
- I provide immense value to my high-ticket clients, exceeding their expectations.

- I attract high-ticket clients who appreciate the quality and results of my work.
- I am grateful for the abundance of high-ticket clients in my business.
- My business attracts high-ticket clients from all around the world.
- I am a sought-after expert in my industry, attracting high-ticket clients effortlessly.
- High-ticket clients are drawn to my passion and enthusiasm for what I do.
- I am resourceful and creative, finding innovative ways to generate sales.
- I believe in the value I provide, and others see and appreciate that value too.
- I am confident in handling objections and turning them into opportunities.
- I am a trusted advisor, helping customers make informed purchasing decisions.
- I radiate positivity and enthusiasm, inspiring customers to take action.
- I am a master at identifying and seizing sales opportunities.
- I am resilient and persistent, never giving up on potential leads.
- I am a valuable asset to my customers, bringing them tangible benefits.
- I am constantly expanding my network and connecting with new prospects.

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- I am an expert in my industry, and customers trust my knowledge and expertise.
 - I am an excellent listener, understanding my customers' needs and desires.
 - I am always learning and growing, staying updated on industry trends and best practices.
 - I have an abundance mindset, knowing that there are always more opportunities for sales.
 - I am comfortable and confident in negotiating win-win deals.
 - I am a sales superstar, consistently exceeding my targets and setting new records.
 - I radiate integrity and honesty, building trust with my customers.
 - I am confident in my ability to close deals and secure sales.
 - I am an influential communicator, persuading others with my words and conviction.
 - I am grateful for the abundance of sales opportunities that come my way.
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While affirmations help us stay positive in life, we should remember that life is about Growth too. Affirmations support personal growth and transformation by challenging and shifting limiting beliefs, expanding our sense of self, and encouraging us to step outside our comfort zones. They inspire us to embrace change, embrace new possibilities, and become the best version of ourselves.

To harness the power of affirmations, it's important to choose affirmations that resonate with you personally, practice them consistently, and truly believe in the positive statements you are affirming. By doing so, you can unlock the transformative potential of affirmations in your life.

Wishing you all the Power that keeps you growing in all areas of your life so that collectively humanity can restore Love, Peace and Joy in the world, especially for the upcoming generations. We have a responsibility to leave our children with a better world.

Thank you
Kavita Ramchand

