

## **AFFIRMATIONS CONTROL OUR ATTITUDES AND OUR SURROUNDINGS**

**W**hen we go home at night and tell our spouse and family how much we dislike the business we are in – or what a *tough day we have had* – or how *unlucky we are* – or how many *canceled appointments we have had* – or how many *rejections we have had* — we are simply using negative affirmations which in turn build negative attitudes, and we are preparing our minds for another day of negative results.

I know for a fact from my own personal success journey that what I write to you here right now in this newsletter is not as important as what I said to myself last night or the first thing this morning.

### **MY CHALLENGE TO YOU:**

At the end of each workday, before you walk in the house, sit in your car, and regardless of what kind of day you have had, say to yourself:

**I FEEL HAPPY! I FEEL HEALTHY!!  
I FEEL TERRIFIC!!!  
EVERY DAY IS A GOOD DAY FOR ME  
BECAUSE I WIN AND LEARN!**

*More to come . . .*