

What Kinds of Affirmations Are There?

NUMERICAL AFFIRMATIONS.

These can be calendar dates, hours in a day, numbers to recruit, memberships to sell, and an amount of money to acquire.

PICTORIAL AFFIRMATIONS.

I like these best! Like the poet says, "What thou see-ist, that thou be-ist!" For a long time I visualized a yard filled with lots of flowers. I collected pictures of pretty flowers. I studied books on flowers! Now I have a beautiful yard filled with flowers.

VERBAL AFFIRMATIONS.

These are condensed statements of things, ideas, and attitudes you wish to possess. When you listen to a CD containing positive material, that is an affirmation. When you listen with spaced repetition ... over and over ... it works like *osmosis* in chemistry. This is the foundation and basis of all the excellent Pre-Paid Legal material.

DEVELOP AFFIRMATIONS:

- Affirmations for **Living**
- Affirmations for **Selling**
- Affirmations for **Personal Development**
- Affirmations for **Achieving Financial Independence**
- Affirmations for **Overcoming Fear**
- Affirmations to **command the morning!**
- Affirmations to **move to Director, to Executive Director, to Bronze ... to Silver ... to Gold ... and to Platinum!**

I like the affirmation from Dr. Norman Vincent Peale in his book,
The Tough-Minded Optimist:

*God made me strong
I see myself as I really am – strong!
With God’s help I am not weak.
I am strong. I have what it takes.
Thank you, God, for my strength.*

The late Notre Dame Coach, Frank Leahy, posted a big sign on the locker room wall. *It is a great affirmation:*

When the going get tough, the tough get going!

One of my favorite affirmations came from W. Clement Stone, a friend of over 50 years (he died last year at the age of 100). He used the following affirmation to begin every meeting in his home office, and when he spoke to his field organization, his security analysts, and everyone else he worked with. He always had them stand up and recite this affirmation two or three times:

I feel happy! I feel healthy! I feel terrific!

HERE ARE SOME AFFIRMATIONS I USED OVER AND OVER FOR MANY YEARS:

- 1. Unexpected joys take me by surprise every day!*
- 2. New opportunities present themselves to me every day to provide added joy into the lives of others.*
- 3. My day today is one of happiness, of giving, and of receiving it.*
- 4. An affirmation I have repeated every morning for over 50 years:**

*“This is the day that the Lord has made
I will rejoice and be glad in it!”*

There is a sense of *DESTINY* every morning when we command it with *POSITIVE TALK, POSITIVE SELF-SUGGESTION, AND POSITIVE SELF AFFIRMATIONS!*

More to come . . .