

DAILY MLM AFFIRMATIONS

Below are the affirmations that I use on a daily basis, every morning. When you read them out, try to really feel what you're saying. Use an enthusiastic voice and allow yourself to get excited for the day.

If there's anything in here that doesn't align with your own life or what you're planning to achieve, be sure to change them to fit your ambitions.

If you can believe, all things are possible to him who believes.

If you have faith as a mustard seed, you will say to this mountain, "Move from here to there" and it will move ... and nothing will be impossible to you.

With God ALL things are possible.

I walk by faith, and not by sight.

The just shall live by their faith.

Faith is the substance of things hoped for, the evidence of things not seen.

But without faith, it is impossible to please Him. For he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

And this is the victory that has overcome the world... our faith.

Whatever things you ask for when you pray, believe that you receive them, and you shall have them.

This is the day which the Lord hath made. I will rejoice and be glad in it.

I believe. Lord help my unbelief.

The truth shall set me free.

Today is going to be a great day.

I'm not tired. I'm energized! I'm energized! I'm energized! (said with enthusiasm)

I feel like a million bucks!

I'm feeling good... like I should.

I can't WAIT to see what amazing things God has in store for me today.

I've got a great feeling about today.

I believe that I can successfully handle all problems that will arise today.

I feel good physically, mentally, emotionally, and spiritually.

It is wonderful to be alive.

I am grateful for all that I have had, for all that I now have, and for all that I shall have.

Things are not going to fall apart.

God is here, and He is with me, and He will see me through.

I thank God for every good thing.

I choose to live in the present moment, the here and the now --- I will not worry or be anxious. I trust in the Lord.

I feel happy and joyful and peaceful and restful.

I feel strong and confident and powerful.

I feel well rested, and energized, and renewed, and refreshed.

I feel positive and optimistic.

I am a tough minded optimist.

I have what it takes to make it in this world.

Today I have an expectant and grateful attitude.

I expect to accomplish my goals.

I am world beater.

I will take massive action today and get things done.

Pain now is the way of the champion and the warrior.

I am healthy, wealthy, happy, and Holy.

Nothing can stop me and nothing can get me down.

I choose to love. I choose to win.

I choose to be rich, I choose to believe, I choose to have a good attitude today.

I choose to smile and be happy. I choose to be free.

I am the best at every single thing I put my mind to.

I get out what I put in.

I will conquer whatever comes my way, good or bad.

I will crush it and own this day.

I am a success.

I am a fighter.

I am a warrior.

I am a champion.

I am more than a conqueror.

I am a lion.

I am fierce.

I am bold.

I am assertive.

I have a sense of urgency.

I am definitive and decisive in everything that I do.

I am a high performer, with supreme confidence in my abilities.

I am not only a great starter ---- I am a FINISHER.

I always finish. I always WIN. I always persevere.

I believe.

I have faith.

I can do it ---- I KNOW I can do it!

If I can believe it, I can achieve it.

I am blessed so that I may be a blessing to others.

My word means something.

I am on time wherever I go.

I am an excellent manager of the time and resources that are entrusted to me.

I always finish what I start.

I am an overcomer.

I am an achiever.

I am a success.

I am a winner.

I am a child of God.

I am a saint.

I am forgiven.

I am loved.

I always fight because I am a fighter.

I always do battle because I am a warrior.

I always win because I am a winner.

I always succeed because I am a success.

I always overcome because I am an overcomer.

I always achieve because I am an achiever.

I always believe because I am a believer.

I always feel good about myself because I am God's child. Totally forgiven and totally loved.

I always finish things because I am a finisher.

I have an abundant, positive and faithful mindset.

I attract abundance in all aspects of my life.

I expect the very best today. And with God's help, I will obtain the best.

Life is good and it's only getting better.

Every day in every way I am getting better and better, stronger and stronger, wiser and wiser, healthier and healthier, wealthier and wealthier, freer and freer.

The path of life winds upward for the wise, keeping away from hell below.

My strong Heavenly Father and gracefully and sovereignly created me to be an EXTREMELY success internet marketer. So that's exactly what I am and that's exactly what I intend to be and do ---- with God's help. No weapon formed against me shall prosper.

Doors are opening for me and BIG opportunities are presenting themselves every day. Key people are coming into my experience who are assisting me in my mission in life, which is to help others become warriors in the network marketing space so that I can have a greater impact on the human race.

Money is falling from the sky and flooding into my life like a tidal wave, like a tsunami. I'm being swept away and overcome and overwhelmed with the blessings and favour of Almighty God.

Commissions checks will consistently show up in my mailbox. Hundreds of thousands of dollars in commissions will soon flood my bank account. Doors are opening. God's favour is upon me.

Every day my dreams are becoming my reality, and I am becoming freer.

MONEY IS EASY TO MAKE ---- BUT MONEY IS NOT FIRST ==>> GOD IS FIRST.

I AM WORTHY.

I CAN DO THIS.

I KNOW I CAN DO THIS.

I AM A WISE AND FAITHFUL STEWARD OF GOD'S MONEY THAT HE ENTRUSTS TO ME TO MANAGE FOR HIM!

I am a GOOD STEWARD.

I BELIEVE.

I HAVE FAITH.

I AM A CHILD OF GOD.

HIS FAVOUR IS UPON ME.

Then look at yourself in the mirror and compliment yourself for how amazing you are and whatever specific traits you like about yourself. And thank God for creating you, loving you, and giving you the gift of prosperity, grace and forgiveness.

*Then get out there, get busy, and **make it happen!***

NIGHT TIME SELF HYPNOSIS

Below is the script that you can use to create your own self hypnosis affirmations to help you get your mind right and easily fall asleep every night. You don't need any fancy equipment. Just a simple voice recorder app on your smartphone (like Voice Memos for iOS) will do the trick.

Below are some instructions for you to follow when creating your recording:

- **Make sure there are no distractions. You don't want to record for 20 minutes and have it be interrupted!**
- **Don't worry about stumbling over words while you're reading the script. Just keep plowing through. When you listen to the tape later, any speaking errors that you made will seem so trivial that you'll hardly bother noticing them.**
- **Make sure there's no background noise such as air conditioners or road traffic.**
- **When you start reading the script, use your regular speaking voice. Speak with a moderate pace—not too high-energy nor too slow. Then as the recording moves into the talk about the “relaxing oxygen,” slow it down and use a more relaxed voice. When you listen to the recording, you're going to be moving into a deeply tranquil state, so you need the recording to have a calm voice on it.**
- **When listening to the recording, again turn off any phones or other potential distractions. You don't want to be deep in repose only to have it get violently interrupted.**
- **Get comfortable, with your body spread out and relaxed, when you listen to your recording. Since I use this to fall asleep at night, I lie down under the covers in my bed.**
- **Listen with an open mind. Follow the instructions you have given yourself.**

Here's the script:

Close your eyes. Take a deep breath. Allow yourself to feel relaxed.

I want you to feel all your tensions from today, all your stress-inducing worries, gathered in a tight little ball at your forehead. Feel the tension of how you've worried about financial and family troubles in the past.

Feel the tensions from work, your online business, your ambitions, and everything else gathering up in your forehead.

Now I want you to imagine all those tensions draining away. Let them drain out of your forehead and down your face, down your chin and neck, down your chest, your stomach, waist, and then down your legs and through your toes until they leave your body.

All your tension is leaving your body as you relax more and more.

As you breathe in, I want you to imagine that you're breathing in air that is warm and relaxes you. Feel the relaxing oxygen give you a warm, tingly feeling all through your chest cavity. Feel the relaxation radiate out of your chest, and then throughout your body.

Allow your breathing to become deeper, bringing in more and more of the relaxing oxygen. With every breath, you fall deeper and deeper into relaxation.

[Pause 15 seconds]

As you feel completely relaxed and focus totally on my voice, I want you to repeat these affirmations to yourself mentally as I say them.

- I feel great about myself. *[After each of these, pause to allow yourself to repeat them]*
- Being an optimist allows me to achieve anything I want in life.
- I am constantly becoming better.
- There is no limit to what I can accomplish, so I will program my mind to become fabulously successful, beyond my wildest dreams.
- I know this will work, because I am adopting the same mindset as men and top earners who are already successful.

Now that you have said your affirmations, I will count to ten, and with each number I count out, you will become even more relaxed. One, more relaxed. Two. Three. Four, deeper into relaxation. Five. Six. Seven. More relaxed. Eight. Nine. Ten.

You are now at the deepest level of relaxation that you can be in while still being awake. You will now use this opportunity to program your mind your maximum benefit.

You're a sexy guy. You're a hustler. You can make just as much money as any of the top earners.

You create content and build your list every single day.

You're the owner and CEO of your own company.

You're in control of your own life. Nobody else is. You can choose to become completely successful in whatever you do, and you enjoy having that power.

Because you have such a powerful state, positive state, you radiate an aura of poise, brilliance, and quiet, steady confidence.

You've got an awesome mind, and your will power is becoming stronger and stronger. You are determined to reach your goals.

Now take another breath, and continue to enjoy the feeling of deep relaxation. Say the following affirmations to yourself with me.

- I release the need to allow other people to control me. *[Again, pause after each oof these to allow yourself to repeat them]*
- I only need approval from myself.
- I couldn't care less what other people think of me, because I'm the one who's in charge of my life.
- I am a dynamite alpha male.
- I walk like I'm a badass, and I think incredibly highly of myself.
- I love my online business, because it is a source of freedom, and a means to a better life.
- When I coach and help a client, I do so enthusiastically and for the total satisfaction of myself and my perfect customer.
- I love all my clients, and I look forward to speaking to them on the phone.
- I love to help people, and give love.

Now it's time for you to just listen, and not feel the need to repeat anything. Continue to enjoy the way you feel so relaxed. Just let your mind be totally at ease as you let these thoughts flow in.

When you're talking to a client, you stay calm and relaxed, no matter what happens, because you are in control of your life. You don't put all that much thought into what they think of you, because you know that you're a fun, interesting and knowledge-able guy and they're fortunate just to be talking with you.

You are the most important person in the world. You are completely awesome, and anyone would be lucky to work with you. You deserve everything you get, because you radiate warmth and happiness.

Never again will you be a subservient to anyone. Not to any person – male or female.

You are a natural leader, not a follower.

You live an active life. You have fun and find thrills everyday, even in little things.

You take care of your health because you want to be strong and attractive and live a long life.

Your life is interesting. You enjoy telling people stories about the fascinating things that happen in your life.

You feel an intense desire to achieve financial success. You know that you can accomplish anything you dream of, and you enjoy pushing yourself toward that dream.

You feel ambitious, and you want to have success with women, with your health, with good friends, with financial wealth, and with the hobbies and passions that you enjoy.

Now take a deep breath and relax.

Pause for a moment, and enjoy the feeling of being totally in control of your life. You can be completely successful if you choose to, and you'll love every minute of that success. You love when your dreams come true, as they already are.

Now I want you to keep relaxing as you transition to a point of cool, comfortable sleep. Keep your eyes closed, and just listen.

Feel your feet. Feel the weight of your feet. Feel your feet relax and sink into the bed.

Feel your lower legs. Feel the weight of your lower legs. Feel your lower legs relax and sink into the bed.

Feel your knees. Feel the weight of your knees. Feel your knees relax and sink into the bed.

Feel your upper legs. Feel the weight of your upper legs. Feel your upper legs relax and sink into the bed.

Feel your hands. Feel the weight of your hands. Feel your hands relax and sink into the bed.

Feel your lower arms. Feel the weight of your lower arms. Feel your lower arms relax and sink into the bed.

Feel your elbows. Feel the weight of your elbows. Feel your elbows relax and sink into the bed.

Feel your upper arms. Feel the weight of your upper arms. Feel your upper arms relax and sink into the bed.

Feel your buttocks. Feel the weight of your buttocks. Feel your buttocks relax and sink into the bed.

Feel your back. Feel the weight of your back. Feel your back relax and sink into the bed.

Feel your pelvic and belly area. Feel the weight of your pelvic and belly area. Feel your pelvic and belly area relax and sink into the bed.

Feel your chest. Feel the weight of your chest. Feel your chest relax and sink into the bed.

Feel your shoulders. Feel the weight of your shoulders. Feel your shoulders relax and sink into the bed.

Feel your neck, both front and back. Feel the weight of your neck. Feel your neck relax and sink into the bed.

Feel your skull. Feel the weight of your skull. Feel your skull relax and sink into the bed.

Feel your mouth. Feel any tension in your mouth. Feel your mouth relax and any tension slide off into the bed.

Feel your eyes. Feel any tension in your eyes. Feel your eyes relax and any tension slide off into the bed.

Feel your entire face. Feel any tension in your face. Feel your face relax and let any tension slide off into the bed.

Mentally scan your body. If you find any place that's still tense, relax it and let it sink into the bed.