

## STEPPIN'UP MEDIA

2716 Hawthorn Drive  
Glenn Heights, TX 75154  
steppinupmedia@aol.com  
214-724-1640



**Use These Power statements as thought starters to build your own positive affirmations—it works best when you choose a sentence or two from each category and build paragraphs from them with the emphasis on it already being done**

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### **The Power of Power Affirmations**

- ◇ My Power Affirmations work whether I believe in them or not
- ◇ I repeat my Power Affirmations everyday with emotional intensity, certainty, and faith
- ◇ My thoughts are creative. My Power Affirmations are now creating the reality I desire
- ◇ I now have all the resources I need to achieve my goals easily and effortlessly
- ◇ Every day in every way I'm getting better and better
- ◇ I set definite goals and create new Power Affirmations to achieve them quickly and easily
- ◇ What I imagine I can do I can do
- ◇ I am now making amazing progress towards all of my goals
- ◇ I am consciously aware of my beliefs. I only hold onto beliefs that support me
- ◇ Whatever I conceive and believe I can achieve
- ◇ I create my own luck everyday

### **Creating a Powerful Self-Image**

- ◇ I am now confident and assertive
- ◇ I now walk and move with assurance, poise, and personal power
- ◇ I am growing more and more attractive everyday
- ◇ I am now friendly, outgoing, and confident
- ◇ I am now bold and courageous. I now seize my opportunities immediately

- ◇ I now have the ability to change anything in my life that I choose to change. I take complete responsibility for my life
- ◇ I now see myself as exactly the person I want to be: confident, self-assured, healthy, and prosperous
- ◇ Because I am committed to constant and never-ending improvement, my performance is improving everyday
- ◇ What I imagine I can do, I can do
- ◇ I am now fearless, courageous and bold
- ◇ I immerse myself in a powerful environment on a regular basis
- ◇ My thoughts, presence, charm, and charisma now inspire others to greater self-confidence and personal power
- ◇ I am now an outstanding leader who leads with confidence
- ◇ I increase my self-confidence by increasing my skills and abilities everyday
- ◇ I consciously choose the emotional state that I am in at all times
- ◇ I am now raising my standards in all the major areas of my life and am holding myself to those standards at all times
- ◇ I am now comfortable with a high level of uncertainty in my life knowing that without great risks there are no great rewards
- ◇ I now face challenging situations of great uncertainty with a feeling of absolute certainty and confidence that I can transform any challenge or set back to my advantage

## **Achieving your Goals: Using power Affirmations to Consistently Manifest the Results You Desire**

- ◇ I am now living a life of design rather than a life of reaction
- ◇ I am now absolutely clear about the specific results I want in every area of my life
- ◇ I now step up with total power and passion to take whatever positive action is necessary to achieve my desired results
- ◇ Whenever I set a definite goal, I take immediate action towards its attainment to create and sustain massive momentum
- ◇ I am now spending my time, energy, and emotion on the goals that are most important to me rather than responding to the demands of other people. I am in control of my life
- ◇ I now do only what I do best and get other people to do the rest

- ◇ I now carefully measure and manage my progress towards my desired results everyday
- ◇ I accelerate my progress towards my desired results by studying other people who have been outstanding in that area
- ◇ Using tapes, books, music, and anything else around me that is easily accessible, I now create a controlled environment that keeps my mind focused on my primary outcomes everyday
- ◇ I am now focused on the results I want, driven by a passionate purpose, and charted with massive action plans
- ◇ I now see things exactly the way they are, exactly the way I want them, and now take massive action to close that gap

## **Creating Physical Power, Health, and Vitality**

- ◇ My health, energy, and vitality are increasing everyday
- ◇ My positive thoughts are now creating the body that I desire
- ◇ I am a lean, mean, fat burning, muscle building machine
- ◇ I am now totally energized. My body is now exploding with massive amounts of energy and enthusiasm
- ◇ I now eat all the right foods for optimum health, energy, and peak performance
- ◇ My body is healing and regenerating itself everyday
- ◇ I now have all the energy I need

## **Creating Power Relationships**

- ◇ I now make good friends quickly and easily
- ◇ Good people are attracted to me every day. They want to meet me
- ◇ I now create outstanding rapport with other people quickly and easily
- ◇ I now surround myself with positive, proactive people
- ◇ I will encourage others to help me because of my willingness to help other people
- ◇ I will cause other people to believe in me because I believe in them and in myself
- ◇ When people first meet me, they like me instantly

- ◇ I now accomplish my goals with the benefits to others in mind
- ◇ I treat every person I meet with respect, mercy, tolerance, and understanding
- ◇ I now look for the good in every person I meet and I find it
- ◇ I am now genuinely interested in other people
- ◇ I remember the names of other people easily and effortlessly
- ◇ When I speak to others, I focus on their interests not mine
- ◇ When I need someone to do something, I make them feel happy to do it by pointing out the benefits to them

## **Enjoying more love in your life:**

- ◇ I give and receive love effortlessly.
- ◇ Genuine love comes to me effortlessly.
- ◇ I feel loved and loving all the time.
- ◇ I release the pain of my unpleasant experiences in love.
- ◇ I commit to loving and feeling loved all the time.
- ◇ I live in expanding waves of love and creativity.

## **Creating Wealth and Financial Abundance**

- ◇ I am now wealthy
- ◇ I am now a financial genius
- ◇ I now earn, save, spend, and invest my money wisely
- ◇ My outstanding ideas, energy, and passion are now creating new wealth for me and others around me
- ◇ Every dollar I spend returns to me massively multiplied
- ◇ I manage my money effectively with precision
- ◇ I now have all the money that I want and need
- ◇ Through my power of intention, I effortlessly attract all the wealth I need and desire
- ◇ I am now accumulating vast amounts of wealth consistent with my integrity and honesty
- ◇ I am now receptive to unexpected gifts of wealth
- ◇ I am a gracious giver and receiver
- ◇ My financial abundance is now exploding massively 24 hours a day even when I am playing, eating, and sleeping
- ◇ I am now earning massive amounts of wealth doing what I love to do while rendering useful service to other people
- ◇ I am a money magnet

## I OWN MY POWER!

By NSD Sabrina Goodwin Monday

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I OWN MY POWER!

My power resides within me!

Nobody will take my power because my power belongs to me !

I will become what I believe

My thoughts control my actions.

I believe beyond what I see

My dream is big enough, therefore the facts don't matter!

I own my power

My best days are ahead

I have made the choice to change,

Change my work habits,

Change my attitude

Change my belief, therefore changing my Bank Account!

When I change, everything around me will change!

Change is my choice - I OWN MY POWER!

Watch out world - I'll see you at the TOP!