

Powerfirmations

By

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Exclusively Published For

Jessica Carter

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For additional copies of this book or to have your own personalized,
'Powerfirmations' Book and Journal, contact

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Michael Murphy is also the author of the amazing book,

'Powerful Attitudes'

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*

How To Use This Powerful And Amazing Book

Jessica, following are the guidelines on how to use this personal, amazing and powerful book.

The great Zig Ziglar said it best when he said, you, Jessica Carter, are ‘designed for accomplishment, engineered for success and you, Jessica, are endowed with the seeds of greatness.’

Jessica, I have specifically designed and published this book as a tool for you.

Jessica, you deserve to live the life of your dreams. You see, when you were born, you came into this world as a miracle. The chances of Jessica Carter ever being conceived was over 10 million to 1. Let’s go ahead now, at the beginning and say it like it truly is.

Jessica Carter is truly a miracle.

You are going to use this book as a guide to build success structures and formations in your automatic, subconscious mind so that you will always live the life you’ve always imagined and fulfill your destiny and purpose for being born.

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Jessica, I encourage you to take this book with you everywhere you go. Let it be your constant companion. Every time you have the opportunity, take out this book and start feeding your automatic, subconscious mind these powerful, positive thoughts that are going to always take you over the top in your life.

Jessica, there are a few things that I know about you. Here they are.

Jessica Carter deserves to live her dreams now.

You, Jessica, are powerful beyond even what you've ever believed about yourself.

Jessica, you are gifted in unique ways.

You can and will fulfill your purpose, Jessica.

Daily Usage of This Book

Before you begin, as well as, while you are doing your 'Powerfirmations', always think, 'I am saturating and marinating my mind.' These thoughts open neural pathways to allow the Powerfirmations to be deeply rooted, quickly.

To get the most of this book, do the following:

1. Choose one affirmation per day.

Jessica you will soon notice that each Powerfirmation is written in the second and third person. That's exactly how they are designed and intended. You think of yourself from all three personal perspectives. This is one feature that sets this book apart from traditional affirmations. It is part of the effectiveness of communicating to the whole mind'.

2. Read it aloud at least three times a day. (1 minute, 45 seconds)

You can read it aloud three times in one setting or you can space it out during the day. Both ways are very powerful.

3. To totally 'immerse' yourself with a powerful mindset for success, read it aloud three times per setting and do it four times a day. (7 minutes a day)

Best Times to Read Your Powerfirmations

When you awake, again between 11 a.m. and 2 p.m., when you get off work (before dinner) and before you go to bed. You will need to adjust your times if you work on a shift other than the day shift. Also, if you think this is a little too much, let me bring to your attention that it takes less than thirty seconds to read it out loud once. That's 1 minute, 45 seconds, four times a day.

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That's 7 minutes a day to transform your thinking, your self esteem, your self confidence and your self image. You will be saying them 12 times a day.

Also, carry the book with you. Any downtime, you can simply open up and get instant inspiration. Plus, it will remind you constantly of your Powerfirmation.

How and When to Use the Journal

The journal is included to eventually have you to write your own 'Powerfirmations'. I have two suggested usages. First, once you identify a certain subject or a single Powerfirmation that you are going to focus on during the day (and night), you can say the Powerfirmation aloud as described above and/or you can write that Powerfirmation out. I highly suggest that you do both.

When you are writing the Powerfirmation, you must repeat it to yourself, at least in your mind.

The second usage for the journal section is, eventually you will want to write your own Powerfirmations which will more directly focus on whatever you want to manifest in your life. For example, I write in mine,

"I am the greatest (and richest) author, public speaker and marketer of personal empowerment tools in the world.

Michael, you are the greatest (and richest) author, public speaker and marketer of personal empowerment tools in the world.

Michael Murphy is the greatest (and richest) author, public speaker and marketer of personal empowerment tools in the world.”

I know a guy who writes in his journal (and affirms aloud to himself) that he is the greatest golfer in the world. He admits that Tiger Woods is in fact the greatest golfer in the world. Nonetheless, he has brought his handicap down to 3 and plays in his hometown of Las Vegas with several ex-pro golfers and celebrities.

I have another friend that writes in his journal that he is ‘the richest man in the world’. Now we all know that Bill Gates currently holds that title. Nonetheless, my friend and client is worth over \$100 million.

This is the goal and intent of this book. You have room to customize it even more to suit your goals, dreams and passion.

What are ‘Powerfirmations’?

‘Powerfirmations’ have been described by success experts as ‘rocket-fueled thoughts and affirmations with quantum effect and astounding results’. Some have called them, ‘affirmations on steroids’. Others have called them ‘the law of attraction at WARP SPEED.’ They are designed and constructed utilizing these tested and proven structures in order to allow the user to receive maximum benefits and total brain immersion from the Powerfirmations.

Because of their strategic and comprehensive design, Powerfirmations are the most effective tools to creating neural pathways and neural networks in the subconscious mind. They instill a success mindset faster and more effectively than any other type of affirmation or success tool.

Powerfirmations consist of the following elements.

- 1. Positive Perspective** – ‘Powerfirmations’ are

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completely positive. They omit any negative reference at all. The classic example to illustrate this is the ‘don’t see the pink elephant’ syndrome. You have to ‘see’ the pink elephant in order to make the decision ‘not to see’ the pink elephant.

The power of the mind to create the picture of the pink elephant is far more powerful than the mind’s ability to process the intangible negative word, ‘not’. If a person makes an affirmation regarding losing weight, it is unproductive to affirm, ‘I am not overweight.’ You have to see yourself as being overweight in order to even attempt to see yourself as ‘not overweight’. Powerfirmations make a positive statement such as, ‘I see myself at the perfect weight for my height and build.’

Here is the rule: The power of visualizing anything that is suggested to the brain verbally, is far greater than the power of the brain to process the negative words, ‘not, never, don’t, can’t, won’t, etc’. Words that negate something are an intangible while the description of the thing is highly visual.

‘Powerfirmations’ are designed and constructed to be a proactive, positive force in your life. They are not

designed to stop a certain behavior. Instead, the creation of new positive thoughts, patterns and behavior counteracts the force of a negative behavior. The new, positive behavior is deemed more powerful than the old behavior. Thus, the new pattern literally replaces the old pattern. The goal here is to create 'positive behaviors' which, by their sheer presence and positive force, automatically replace the negative behavior.

The illustrative perspective of this included element in Powerfirmations is the comparison to a file on a personal computer. The emotional address that is affected with a negative thought, attitude or behavior is the same address where the new thought, attitude or behavior will be embedded.

In a personal computer, two files that have the exact same name cannot reside in the same folder. Whichever file is saved to the hard drive last is the one that will ultimately reside at that address. The old file of the same name must 'move out' in order for the new file to be saved there.

Likewise, the emotional address in the subconscious mind will never become vacant. It must be occupied with something. It can be negative or positive. It must be

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productive or unproductive.

Powerfirmations replaces the unproductive thought or attitude with a positive productive one.

Thus, all ‘Powerfirmations’ are written in positive, affirming language.

2. Personal Perspective – The most powerful affirmations are made from the first person singular perspective of ‘I am’. However, our self-concept and self-image are also based on the second person and the third person singular perspective as well.

Have you ever addressed yourself, saying to yourself, ‘You need to get up and go to the grocery store, wash the car, change the oil in the car, go to work, go to your appointment or whatever the task is the you want or need to accomplish?’ Do you ever address yourself, in your own mind, by name? If I sense the urgency of needing to get up and take some kind of action, I might say, ‘Michael, you need to get yourself up and get going’. When you’ve done this, you’ve addressed yourself from the second person singular perspective.

The third person singular perspective, really involves how we see ourselves. Likewise, it involves how we perceive

that others see us. I make the 'Powerfirmation', 'Michael Murphy is an awesome man'. In doing so, I am seeing myself from the third person perspective. Your mind has the power to 'step away from yourself' through its imaginative abilities. That is how we gain the view of ourselves from both a second and third person perspective. We use all three perspectives of ourselves in our thought processes. Thus, Powerfirmations include all three.

Powerfirmations utilizes the three singular voices of the first person perspective.

'I am'

'You are'

'He/she is'

In this personalized, 'Powerfirmations' book, the third person perspective is accomplished by actually inserting the reader's first and last names in the printing and publishing of the book. In lieu of the usage of the pronouns, he/she, the reader's name is inserted within the text of over 80 pages of life-transforming, 'Powerfirmations'. To see one's name inserted into empowering affirmations, enhances the experience, the emotion and effectiveness of the affirmations. Outside of

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your reverence for any spiritual book that you value highly, your own copy of this personalized book will be the most important book for personal growth, success and happiness that you'll ever own.

Our self-concept and self-image is based upon all three, first, second and third person, perspective. Thus, this book utilizes all three.

3. Modal Perspective – This perspective involves the three senses of sight, hearing and feeling that we prefer in our way of experiencing the world. If you have studied the findings of NLP (neuro linguistic programming) you know that each of us have a preferred and dominant perspective of how we experience the world.

I was sitting with a guy who is an awesome guitar player one evening at dinner. I was describing something to him. Being a highly visual person, I asked him, 'Do you 'see' what I'm saying?' He answered, 'No, but I hear what you're saying.'

In the study of NLP, it reveals that we have a dominant sensory perception of the way we experience the world. Powerfirmations includes wording that comprehensively includes all three modal perspectives, thus, making the

Powerfirmation far more effective and a greater ‘whole brain’ exercise. Thus, ‘Powerfirmations’ utilizes all three in their design and construction. This allows total balance and immersion of the affirmation in the brain, no matter what one’s dominant modal perspective may be.

4. The ‘Now’ Perspective – All Powerfirmations are constructed to state the desired outcome ‘as if’ it is already in the person’s possession or life now. Beyond ‘fake it until you make it’, the ‘Now Perspective’ trains the subconscious mind to accept whatever it is wanting to create as literal fact, now. The subconscious mind has no interpretation of time. It also does not make a determination in what is visualized in the mind’s eye versus what is visualized with the physical eye. So it accepts whatever it is fed through the conscious mind, as fact, now.

5. Total Success Perspective – Powerfirmations are comprehensive in construction. They intend for total success in whatever they are directed towards. They are intended for complete success. Not only are they comprehensive, but Powerfirmations also leave room for exceeding the desired outcome. This is important in

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understanding the spiritual nature of the mind and how we are affected by powers beyond our own comprehension.

A friend of mine told me that he felt he was in love with a lady who he knew but had never dated. He was very close to her but had never been romantically involved. He asked me if he should create an affirmation that she was his girlfriend. I encouraged him to make the affirmation so that he always tags his affirmation (or even his prayer) with ‘her or someone better suited’ for him. He did it and ended up marrying some one else with whom he felt was even more than what he had dreamed of in a partner.

Powerfirmations set no limits on the outcome of their targeted desire and always allow for the ‘or better’.

6. Meditative Perspective - In the recorded versions of Powerfirmations, the background sounds consist of binaural music. Beyond the ‘Mozart for the Mind’ effect, binaural music establishes brain waves that puts the listener in a relaxed meditative state.

One the most effective programs that uses binaural music are those created by CenterPointe Research. You can find them online at www.centerpointe.com. You can also order ‘Powerfirmations’ CDs with binaural music backgrounds

from www.positiveattitudes.com.

This music creates alpha brainwaves that are conducive to meditation. This enables the mind to receive the Powerfirmation much more quickly and effectively. Alpha brainwaves are slower, and higher in amplitude than most music. Their frequency ranges from 9 to 14 cycles per second.

A person who has completed a task and sits down to rest is often in an alpha state. A person who takes time out to reflect or meditate is usually in an alpha state. A person who takes a break from an intense mental activity or a highly important meeting and takes a walk, often is in an alpha state. Binaural music creates these brainwaves, thus allowing total immersion of the Powerfirmations in the subconscious mind.

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Power Note: It is very beneficial to get yourself in a relaxed and meditative state before doing your Powerfirmations. Before beginning your Powerfirmations, it will be very advantageous for you to completely relax and even affirm aloud: 'I am now manifesting my Powerfirmations easily in my life. Like the flow of water, all that I affirm now comes natural and easily to me. My life is live in natural flow.' Though you feel the Powerfirmation with emotion and passion, it is profitable to accept the truth of the Powerfirmation as something natural to the process of your life and your destiny. Remember to take deep breaths to help you to relax and focus.

CHAPTER 1

Affirming Jessica Carter's Personal Power

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I am powerful in my life now.

Jessica, you are powerful in your life now.

Jessica Carter is powerful in her life now.

I possess personal power now.

Jessica, you possess personal power now.

Jessica Carter possesses personal power now.

I know that I can do anything I set my heart to do.

Jessica, you can do anything that you set your heart to do.

Jessica Carter can do anything that she sets her heart to do.

I know that nothing is impossible with me.

Jessica, you know that nothing is impossible with you.

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Jessica Carter knows that nothing is impossible with her.

I am more than I've ever imagined.

Jessica, you are more than you've ever imagined.

Jessica Carter is more than she ever imagined.

I am more than others think I am.

Jessica, you are more than others think that you are.

Jessica Carter is more than others think that she is.

The only human perspective, of myself, that matters to me is my own.

Jessica, the only human perspective, of myself, that matters to you is your own.

The only human perspective, of myself, that matters to Jessica Carter is her own.

I possess dreams, intelligence and personal power to accomplish anything.

Jessica, you possess dreams, intelligence and personal power to accomplish anything.

Jessica Carter possesses dreams, intelligence and personal

power to accomplish anything.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I know and I feel, deep inside, the power to be all that I've ever imagined and more.

Jessica, you know and you feel, deep inside, the power to be all that you've ever imagined and more.

Jessica Carter knows and feels, deep inside, the power to be all that she has ever imagined and far more.

I know and I feel, deep inside, the power to do all that I've ever imagined doing and far more.

Jessica, you know and you feel, deep inside, the power to do all that you've ever imagined and far more.

Jessica Carter knows and feels, deep inside, the power to do all that she has ever imagined and far more.

I know and I feel, deep in my heart, the power to have all and more than I've ever imagined and far more.

Jessica, you know and you feel, deep inside, the power to

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have all that you've ever imagined and far more.

Jessica Carter knows and feels, deep inside, the power to have all that she has ever imagined and far more.

I was born to succeed.

Jessica, you were born to succeed.

Jessica Carter was born to succeed.

I was born to win.

Jessica, you were born to win.

Jessica Carter was born to win.

I was born to accomplish great feats in my life.

Jessica, you were born to accomplish great feats in your life.

Jessica Carter was born to accomplish great feats in her life.

I was born for achievement.

Jessica, you were born for achievement.

Jessica Carter was born for achievement.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I am a miracle maker.

Jessica, you are a miracle maker.

Jessica Carter is a miracle maker.

I am powerful beyond measure.

Jessica, you are powerful beyond measure.

Jessica Carter is powerful beyond measure.

I possess the seeds of greatness.

Jessica, you possess the seeds of greatness.

Jessica Carter possesses the seeds of greatness.

I possess the seeds of achievement.

Jessica, you possess the seeds of achievement.

Jessica Carter possesses the seeds of achievement.

I am designed for accomplishment.

Jessica, you are designed for accomplishment.

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Jessica Carter is designed for accomplishment.

I am engineered for success.

Jessica, you are engineered for success.

Jessica Carter is engineered for success.

I am endowed with the seeds of greatness.

Jessica, you are endowed with the seeds of greatness.

Jessica Carter is endowed with the seeds of greatness.

I possess courage.

Jessica, you possess courage.

Jessica CarterCarter possesses courage.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I possess incredible power.

Jessica, you possess incredible power.

Jessica Carter possesses incredible power.

I live my dreams now.

Jessica, you live your dreams now.

Jessica Carter lives her dreams now.

I can reach my goals now.

Jessica, you can reach your goals now.

Jessica Carter can reach her goals now.

I am more than able to achieve all of my heart's desire.

Jessica, you are more than able to achieve all of your heart's desire.

Jessica Carter is more than able to achieve all of her heart's desire.

I am more than able to be all of my heart's desire.

Jessica, you are more than able to be all of your heart's desire.

Jessica Carter is more than able to be all of her heart's desire.

I am one who believes in my own potential and personal power.

Jessica, you are one who believes in your own potential

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and personal power.

Jessica Carter believes in her own potential and personal power.

CHAPTER 2

Building Jessica's Super Self-Confidence

I possess super confidence now.

Jessica, you possess super confidence now.

Jessica Carter possesses super confidence now.

I believe in myself now.

Jessica, you believe in yourself now.

Jessica Carter believes in herself now.

At this very moment, I have faith in my abilities.

Jessica, at this very moment, you have faith in your abilities.

Jessica Carter, at this very moment, has faith in her abilities.

I have belief in my personal power.

Jessica, you have belief in your personal power.

Jessica Carter has belief in her personal power.

I have full confidence in my success power now.

Jessica, you have full confidence in your success power now.

Jessica Carter has full confidence in her success power now.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I have abilities that no one else possesses.

Jessica, you have abilities that no one else possesses.

Jessica Carter has abilities that no one else possesses.

I have intelligence that is unique only to me.

Jessica, you have intelligence that is unique only to you.

Jessica Carter has intelligence that is unique only to her.

I have intelligence that no one else has.

Jessica, you have intelligence that no one else has.

Jessica Carter has intelligence that no one else has.

I can master anything.

Jessica, you can master anything.

Jessica Carter can master anything.

I can accomplish anything I set my heart, hand and mind to do.

Jessica, you can accomplish anything that you set your heart, hand and mind to.

Jessica Carter can accomplish anything that she sets her heart, hand and mind to.

I've succeeded at many things in my life.

Jessica, you have succeeded at many things in your life.

Jessica Carter has succeeded at many things in her life.

I recognize and acknowledge my unique abilities.

Jessica, you recognize and acknowledge your unique abilities.

Jessica Carter recognizes and acknowledges her unique abilities.

I know that I possess perseverance.

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Jessica knows that she possesses perseverance.

Jessica Carter knows that she possesses perseverance.

I never ever give up.

Jessica, you never give up.

Jessica Carter never gives up.

I never ever give out.

Jessica, you never give out.

Jessica Carter never gives out.

I never ever give in.

Jessica, you never give in.

Jessica Carter never gives in.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I believe, deeply in my mind, that I am powerful and fully confident.

Jessica, you believe, deeply in your mind, that you are powerful and fully confident.

Jessica Carter believes deeply in her mind, that she is powerful and fully confident.

I can and will succeed in achieving all of my dreams.

Jessica, you can and will succeed in achieving all of your dreams.

Jessica Carter can and will succeed in achieving all of her dreams.

I have unshakable confidence in my abilities.

Jessica, you have unshakable confidence in your abilities.

Jessica Carter has unshakable confidence in her abilities.

I have unshakable confidence in my creativity.

Jessica, you have unshakable confidence in your creativity.

Jessica Carter has unshakable confidence in her creativity.

I can focus intently on the goal at hand.

Jessica, you can focus intently on the goal at hand.

Jessica Carter can focus intently on the goal at hand.

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I am faithful in accomplishing my goals.

Jessica, you are faithful in accomplishing your goals.

Jessica Carter is faithful in accomplishing her goals.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

No-thing and no-one can hinder me from reaching my desired destination.

Jessica, no-thing and no-one can hinder you from reaching your desired destination.

No-thing and no-one can hinder Jessica Carter from reaching her desired destination.

I now have everything that it takes to live my dreams and more.

Jessica, you have now everything that it takes to live your dreams and more.

Jessica Carter has now, everything that it takes to live her dreams and more.

I have the courage to do the extraordinary.

Jessica, you have the courage to do the extraordinary.

Jessica Carter has the courage to do the extraordinary.

As I focus on my goal, I have laser-like determination until I complete it.

Jessica, as you focus on your goal, you have laser-like determination until you complete it.

As Jessica Carter focuses on her goal, she has laser-like determination until she completes it.

I complete at least one thing per day towards the achievement of my desire.

Jessica, you complete at least one thing per day towards the achievement of your desire.

Jessica Carter completes at least one thing per day towards the achievement of her desire.

CHAPTER 3

Building Positive, Powerful Self-Esteem

I believe in myself fully and completely.

Jessica, you believe in yourself fully and completely.

Jessica Carter believes in herself fully and completely.

I realize my inherent personal power.

Jessica, you realize your inherent personal power.

Jessica Carter realizes her inherent personal power.

I esteem myself highly now.

Jessica, you esteem yourself highly now.

Jessica Carter esteems herself highly now.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I realize my true value now.

Jessica, you realize your true value now.

Jessica Carter realizes her true value now.

I am amazed at my unique gifts and talents.

Jessica, you are amazed at your unique gifts and talents.

Jessica Carter is amazed at her unique gifts and talents.

I can and do make a very positive contribution to this world.

Jessica, you can and do make a very positive contribution to this world.

Jessica Carter can and does make a very positive contribution to this world.

I am admired and respected by other people.

Jessica, you are admired and respected by other people.

Jessica Carter is admired and respected by other people.

<p>Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'</p>

I am an original in this world and not a copy.

Jessica, you are an original in this world and not a copy.

Jessica Carter is an original in this world and not a copy.

I admire and respect myself.

Jessica, you admire and respect yourself.

Jessica Carter admires and respects herself.

I acknowledge my personal worth now.

Jessica, you acknowledge your personal worth now.

Jessica Carter acknowledges her personal worth now.

I am an amazingly, created person.

Jessica, you are an amazingly, created person.

Jessica Carter is an amazingly created person.

My vote for me is 'yes'!

Jessica, your vote for yourself is 'yes'!

Jessica Carter's vote for herself is 'yes'!

I am an 'always winner' in my life.

Jessica, you are an 'always winner' in your life.

Jessica Carter is an 'always winner' in her life.

I love and admire myself.

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Jessica, you love and admire yourself.

Jessica Carter loves and admires herself.

I am getting better every day.

Jessica, you are getting better every day.

Jessica Carter is getting better every day.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I believe in my creativity.

Jessica, you believe in your creativity.

Jessica Carter believes in her creativity.

I believe in my abilities.

Jessica, you believe in your abilities.

Jessica Carter believes in her abilities.

I choose to love and accept myself.

Jessica, you choose to love and accept yourself.

Jessica Carter chooses to love and accept herself.

I am grateful for who I am.

Jessica, you are grateful for who you are.

Jessica Carter is grateful for who she is.

I am more than able to complete everything my heart desires.

Jessica, you are more than able to complete everything that your heart desires.

Jessica Carter is more than able to complete everything that her heart desires.

I have faith to believe that I have great purpose in my life.

Jessica, you have faith to believe that you have great purpose in your life.

Jessica Carter has faith to believe that she has great purpose in her life.

I acknowledge and am grateful for all my talents.

Jessica, you acknowledge and are grateful for all of your talents.

Jessica Carter acknowledges and is grateful for all of her talents.

CHAPTER 4

Jessica Carter's Instant Success Immersion

I choose to saturate my mind with success and achievement now.

Jessica, you choose to saturate your mind with success and achievement now.

Jessica Carter chooses to saturate her mind with success and achievement now.

I choose to think positive thoughts.

Jessica, you choose to think positive thoughts.

Jessica Carter chooses to think positive thoughts.

I am a goal-oriented person.

Jessica, you are a goal-oriented person.

Jessica Carter is a goal-oriented person.

I am a person of excellence.

Jessica, you are a person of excellence.

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Jessica Carter is a person of excellence.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I always think big.

Jessica, you always think big.

Jessica Carter always thinks big.

I immerse my mind with success now.

Jessica, you immerse your mind with success now.

Jessica Carter immerses her mind with success now.

I choose to see abundance all around me.

Jessica, you choose to see abundance all around you.

Jessica Carter chooses to see abundance all around her.

I choose to feel successful.

Jessica, you choose to feel successful.

Jessica Carter chooses to feel successful.

I am comfortable with success.

Jessica, you are comfortable with success.

Jessica Carter is comfortable with success.

I love setting goals.

Jessica, you love setting goals.

Jessica Carter loves setting goals.

I love focusing on my goals.

Jessica, you love focusing on your goals.

Jessica Carter loves focusing on her goals.

I believe in my awesome potential.

Jessica, you believe in your awesome potential.

Jessica Carter believes in her awesome potential.

I am empowered now.

Jessica, you are empowered now.

Jessica Carter is empowered now.

I deserve success now.

Jessica, you deserve success now.

Jessica Carter deserves success now.

I deserve abundance now.

Jessica, you deserve abundance now.

Jessica Carter deserves abundance now.

I deserve wealth now.

Jessica, you deserve wealth now.

Jessica Carter deserves wealth now.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now.

As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I deserve happiness now.

Jessica, you deserve happiness now.

Jessica Carter deserves happiness now.

I am a high achiever.

Jessica, you are a high achiever.

Jessica Carter is a high achiever.

I believe in my own success power.

Jessica, you believe in your own success power.

Jessica Carter believes in her own success power.

I embrace all of my dreams.

Jessica, you embrace all of your dreams.

Jessica Carter embraces all of her dreams.

I embrace all of my ambitions.

Jessica, you embrace all of your ambitions.

Jessica Carter embraces all of her ambitions.

I embrace all of my goals.

Jessica, you embrace all of your goals.

Jessica Carter embraces all of her goals.

I possess the ability and capacity for wealth.

Jessica, you possess the ability and capacity for wealth.

Jessica Carter possesses the ability and capacity for wealth.

I possess the ability and capacity for extraordinary achievement.

Jessica, you possess the ability and capacity for

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extraordinary achievement.

Jessica Carter possesses the ability and capacity for extraordinary achievement.

Success is natural for me.

Jessica, success is natural for you.

Success is natural for Jessica Carter.

Excellence is a way of life for me.

Jessica, excellence is a way of life for you.

Excellence is a way of life for Jessica Carter.

I am engineered for success.

Jessica, you are engineered for success.

Jessica Carter is engineered for success.

I was born for accomplishment.

Jessica, you were born for accomplishment.

Jessica Carter was born for accomplishment.

I am endowed with seeds of greatness.

Jessica, you are endowed with seeds of greatness.

Jessica Carter is endowed with seeds of greatness.

I am far more than I've ever imagined.

Jessica, you are far more than you've ever imagined.

Jessica Carter is far more than she ever imagined.

I see myself as highly successful.

Jessica, you see yourself as highly successful.

Jessica Carter sees herself as highly successful.

I see myself as always having more than enough.

Jessica, you see yourself as always having more than enough.

Jessica Carter sees herself as always having more than enough.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I feel that success is my right.

Jessica, you feel that success is your right.

Jessica Carter feels that success is her right.

I take full responsibility for my success.

Jessica, you take full responsibility for your success.

Jessica Carter takes full responsibility for her success.

I now receive success into my life.

Jessica, you now receive success into your life.

Jessica Carter now receives success into her life.

CHAPTER 5

Jessica Carter's Millionaire Mindset

I receive personal abundance now.

Jessica you receive personal abundance now.

Jessica Carter receives personal abundance now.

I receive wealth now.

Jessica, you receive wealth now.

Jessica Carter receives wealth now.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now.

As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I adopt the Millionaire mindset now.

Jessica, you adopt the Millionaire mindset now.

Jessica Carter adopts the Millionaire mindset now.

I deserve abundance in my life.

Jessica, you deserve abundance in your life.

Jessica Carter deserves abundance in her life.

I believe in my own personal power to create wealth.

Jessica, you believe in your own personal power to create wealth.

Jessica Carter believes in her own personal power to create wealth.

I can achieve all of my financial goals.

Jessica, you can achieve all of your financial goals.

Jessica Carter can achieve all of her financial goals.

I deserve to have more than enough.

Jessica you deserve to have more than enough.

Jessica Carter deserves to have more than enough.

I open my mind to receive wealth now.

Jessica, you open your mind to receive wealth now.

Jessica Carter opens her mind to receive wealth now.

I deserve excellence in my life.

Jessica, you deserve excellence in your life.

Jessica Carter deserves excellence in her life.

I achieve all of my heart's desire.

Jessica, you achieve all of your heart's desire.

Jessica Carter achieves all of her heart's desire.

I receive all of my dreams now.

Jessica, you receive all of your dreams now.

Jessica Carter receives all of her dreams now.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now.

As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I receive more than enough now.

Jessica, you receive more than enough now.

Jessica Carter receives more than enough now.

I think rich thoughts now.

Jessica, you think rich thoughts now.

Jessica Carter thinks rich thoughts now.

I embrace all of my abundance now.

Jessica, you embrace all of your abundance now.

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Jessica Carter embraces all of her abundance now.

I am a master of my money.

Jessica, you are a master of your money.

Jessica Carter is a master of her money.

I act now on all of my opportunities.

Jessica, you act now on all of your opportunities.

Jessica Carter acts now on all of her opportunities.

I attract wealth into my life.

Jessica, you attract wealth into your life.

Jessica Carter attracts wealth into her life.

I attract success into my life now.

Jessica, you attract success into your life now.

Jessica Carter attracts success into her life now.

I have courage and faith to take calculated risks.

Jessica, you have courage and faith to take calculated risks.

Jessica Carter has courage and faith to take calculated

risks.

I recognize profitable opportunities.

Jessica, you recognize profitable opportunities.

Jessica Carter recognizes profitable opportunities.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I am a decisive person.

Jessica, you are a decisive person.

Jessica Carter is a decisive person.

I am a person of action.

Jessica, you are a person of action.

Jessica Carter is a person of action.

I always find a way.

Jessica, you always find a way.

Jessica Carter always finds a way.

I am cool under pressure.

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Jessica you are cool under pressure.

Jessica Carter is cool under pressure.

I respond to adversity with confidence.

Jessica, you respond to adversity with confidence.

Jessica Carter responds to adversity with confidence.

I deserve wealth and success in my life.

Jessica, you deserve wealth and success in your life.

Jessica Carter deserves wealth and success in her life.

I always have enough money.

Jessica, you always have enough money.

Jessica Carter always has enough money.

I always have an abundance of money.

Jessica, you always have an abundance of money.

Jessica Carter always has an abundance of money.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I always have everything I want, desire and need.

Jessica, you always have everything you want, desire and need.

Jessica Carter always has everything she wants, desires and needs.

Opportunity seeks me out.

Jessica, opportunity seeks you out.

Opportunity always seeks Jessica Carter, out.

Money is my good friend.

Jessica, money is your good friend.

Money is Jessica Carter's good friend.

I am completely comfortable with large amounts of money.

Jessica, you are completely comfortable with large amounts of money.

Jessica Carter is completely comfortable with large amounts of money.

I deserve to be a Millionaire and more.

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Jessica, you deserve to be a Millionaire and more.

Jessica Carter deserves to be a Millionaire and more.

I love to share my wealth.

Jessica, you love to share your wealth.

Jessica Carter loves to share her wealth.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I love to give to worthy causes.

Jessica, you love to give to worthy causes.

Jessica Carter loves to give to worthy causes.

I feel free to receive money and all things in abundance.

Jessica, you feel free to receive money and all things in abundance.

Jessica Carter feels free to receive money and all things in abundance.

As abundant as grass growing in a field, so are all good things in my life.

Jessica, as abundant as grass growing in a field, so are all good things in your life.

As abundant as grass growing in a field, so are all good things in Jessica Carter's life.

Wealth is attracted to me.

Jessica, wealth is attracted to you.

Wealth is attracted to Jessica Carter.

Money is attracted to me.

Jessica, money is attracted to you.

Money is attracted to Jessica Carter.

I know that money is as plentiful as the grass of a field and the leaves of a tree.

Jessica, you know that money is as plentiful as the grass of a field and the leaves of a tree.

Jessica Carter knows that money is as plentiful as the grass of a field and the leaves of a tree.

CHAPTER 6

Jessica Carter Has Amazing Intelligence

I have amazing intelligence.
You, Jessica, have amazing intelligence.
Jessica Carter has amazing intelligence.

I have untapped genius.
You, Jessica, have untapped genius.
Jessica Carter has untapped genius.

I learn quickly.
Jessica, you learn quickly.
Jessica Carter learns quickly.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I learn efficiently.
You, Jessica, learn efficiently.
Jessica Carter learns efficiently.

I learn thoroughly.

Jessica, you learn thoroughly.

Jessica Carter learns thoroughly.

I have focused concentration.

Jessica, you have focused concentration.

Jessica Carter has focused concentration.

I love learning.

Jessica, you love learning.

Jessica Carter loves learning.

Learning is fun for me.

Learning is fun for you, Jessica.

Learning is fun for Jessica Carter.

I have excellent retention of information.

You have excellent retention of information, Jessica.

Jessica Carter has excellent retention of information.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I comprehend easily.

You, Jessica, comprehend easily.

Jessica Carter comprehends easily.

My mind is keen now.

Your mind is keen now, Jessica.

Jessica Carter's mind is keen now.

My mind is alert now.

Your mind, Jessica, is alert now.

Jessica Carter's mind is alert now.

I have an excellent attention span.

You, Jessica, have an excellent attention span.

Jessica Carter has an excellent attention span.

I solve problems easily.

You, Jessica, solve problems easily.

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Jessica Carter solves problems easily.

I find learning fun and interesting.

Jessica, you find learning fun and interesting.

Jessica Carter finds learning fun and interesting.

I solve even complex problems easily.

Jessica, you solve even complex problems easily.

Jessica Carter solves even complex problems easily.

I am always listening with my whole heart and mind.

Jessica, you are always listening with your whole heart and mind.

Jessica Carter is always listening with her whole heart and mind.

I love reading.

Jessica, you love reading.

Jessica Carter loves reading.

I find it easy to admit when I don't understand something.

Jessica, you find it easy to admit when you don't

understand something.

Jessica Carter finds it easy to admit when she doesn't understand something.

CHAPTER 7

Setting and Reaching Jessica's Goals

I love setting goals.

Jessica, you love setting goals.

Jessica Carter loves setting goals.

I set goals often.

Jessica, you set goals often.

Jessica Carter sets goals often.

I set big goals for myself.

Jessica, you set big goals for yourself.

Jessica Carter sets big goals for herself.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I write my goals on paper.

Jessica, you write your goals on paper.

Jessica Carter writes her goals on paper.

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I set long term goals.

Jessica, you set long term goals.

Jessica Carter sets long term goals.

I set short-term goals.

Jessica, you set short-term goals.

Jessica Carter sets short-term goals.

I set lifetime goals.

Jessica, you set lifetime goals.

Jessica Carter sets lifetime goals.

I set 10-year goals.

Jessica, you set 10-year goals.

Jessica Carter sets 10-year goals.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I set 5-year goals.

Jessica, you set 5-year goals.

Jessica Carter sets 5-year goals.

I set 1-year goals.

Jessica, you set 1-year goals.

Jessica Carter sets 1-year goals.

I set 6-month goals.

Jessica, you set 6-month goals.

Jessica Carter sets 6-month goals.

I set weekly goals.

Jessica, you set weekly goals.

Jessica Carter sets weekly goals.

I set daily goals.

Jessica, you set daily goals.

Jessica Carter sets daily goals.

I do something every day in pursuit of a goal.

Jessica, you do something every day in pursuit of your goal.

Jessica Carter does something every day in pursuit of her

80 Powerfirmations
goals.

I carry my written goals with me.

Jessica, you carry your written goals with you.

Jessica Carter carries her written goals with her.

I live by my goals.

Jessica, you live by your goals.

Jessica Carter lives by her goals.

My goals determine my actions.

Jessica, your goals determine your actions.

Jessica Carter's goals determine her actions.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now.

As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I take immediate action on my goals.

Jessica, you take immediate action on your goals.

Jessica Carter takes immediate action on her goals.

I follow through on my goals.

Jessica, you follow through on your goals.

Jessica Carter follows through on her goals.

I achieve my goals and set higher ones.

Jessica, you achieve your goals and set higher ones.

Jessica Carter achieves her goals and sets higher ones.

I plan my life for success.

Jessica, you plan your life for success.

Jessica Carter plans her life for success.

I keep my goals conscious all of the time.

Jessica, you keep your goals conscious all of the time.

Jessica Carter keeps her goals conscious all of the time.

I always hit my target.

Jessica, you always hit your target.

Jessica Carter always hits her target.

I live by my goals.

Jessica, you live by your goals.

Jessica Carter lives by her goals.

I achieve more by setting goals.

Jessica, you achieve more by setting goals.

Jessica Carter achieves more by setting goals.

I set daily objectives for accomplishment.

Jessica, you set daily objectives for accomplishment.

Jessica Carter sets daily objectives for accomplishment.

CHAPTER 8

Jessica Carter's Powerful, Positive Attitude

I possess a positive attitude now.

Jessica, you possess a positive attitude now.

Jessica Carter possesses a positive attitude now.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I own a powerful attitude now.

Jessica, you own a powerful attitude now.

Jessica Carter owns a powerful attitude now.

My attitude determines my actions.

Your attitude, Jessica, determines your actions.

Jessica Carter's attitude determines her actions.

My attitude decides my results.

Your attitude, decides your results, Jessica.

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Jessica Carter's attitude decides her results.

My attitude about myself is always positive.

Your attitude, about yourself is always positive, Jessica.

Jessica Carter's attitude about herself is always positive.

My attitude about myself is always powerful.

Your attitude, Jessica, about yourself, is always powerful.

Jessica Carter's attitude about herself, is always powerful.

My attitude determines everything in my life.

Your attitude, Jessica, determines everything in your life.

Jessica Carter's attitude determines everything in her life.

My attitude towards others is always good.

Jessica, your attitude towards others is always good.

Jessica Carter's attitude towards others is always good.

My attitude towards others is always forgiving.

Jessica, your attitude towards others is always forgiving.

Jessica Carter's attitude towards others is always
forgiving.

My attitude towards others is always kind.

Jessica, your attitude towards others is always kind.

Jessica Carter's attitude towards others is always kind.

I possess an attitude of excellence.

You, Jessica, possess an attitude of excellence.

Jessica Carter possesses an attitude of excellence.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I possess a 'can do' attitude.

Jessica, you possess a 'can do' attitude.

Jessica Carter possesses a 'can do' attitude.

I possess an attitude of responsibility.

You, Jessica, possess an attitude of responsibility.

Jessica Carter possesses an attitude of responsibility.

I possess an attitude of encouragement towards others.

Jessica, you possess an attitude of encouragement towards

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others.

Jessica Carter possesses an attitude of encouragement towards others.

I possess an attitude of understanding towards others.

Jessica, you possess an attitude of understanding towards others.

Jessica Carter possesses an attitude of understanding towards others.

I am always going to go the second mile.

Jessica, you are always going to go the second mile.

Jessica Carter is always going to go the second mile.

Nothing is impossible with me.

Nothing is impossible with you, Jessica.

Nothing is impossible with Jessica Carter.

<p>Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'</p>

Whatever my mind can conceive, I can achieve.

Whatever your mind can conceive, Jessica, you can achieve.

Whatever Jessica Carter's mind can conceive, Jessica Carter can achieve.

No dream is too big for me.

No dream is too big for you, Jessica.

No dream is too big for Jessica Carter.

I am already more than enough.

You, Jessica, are already more than enough.

Jessica Carter is already more than enough.

I am unstoppable.

Jessica, you are unstoppable.

Jessica Carter is unstoppable.

I always take positive actions.

Jessica, you always take positive actions.

Jessica Carter always takes positive action.

Nothing can resist my positive action.

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Jessica, nothing can resist your positive action.

Nothing can resist Jessica Carter's positive actions.

I am persistent and persevere with positive belief.

Jessica, you are persistent and persevere with positive belief.

Jessica Carter is persistent and perseveres with positive belief.

I am more than able to do whatever I decide to do.

Jessica, you are more than able to do whatever you decide to do.

Jessica Carter is more than able to do whatever she decides to do.

I have the power of will to accomplish anything.

Jessica, you have the power of your will to accomplish anything.

Jessica Carter has the power of her will to accomplish anything.

My life is transformed by the words that I speak.

Jessica, your life is transformed by the words that you speak.

Jessica Carter's life is transformed by the words that she speaks.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

My positive, powerful attitude is contagious.

Jessica, your positive, powerful attitude is contagious.

Jessica Carter's positive, powerful attitude is contagious.

CHAPTER 9

Jessica Carter's Self-Belief

I believe in myself.

Jessica, you believe in yourself.

Jessica Carter believes in herself.

I believe in my potential.

Jessica, you believe in your potential.

Jessica Carter believes in her potential.

I believe that I am able to reach my goals.

Jessica, you believe that you are able to reach your goals.

Jessica Carter believes that she is able to reach her goals.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I believe that I am already more than enough.

Jessica, you believe that you are already more than enough.

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Jessica Carter believes that she is already more than enough.

I believe that my actions produce positive results.

Jessica, you believe that your actions produce positive results.

Jessica Carter believes that her actions produce positive results.

I believe that my thoughts determine my actions.

Jessica, you believe that your thoughts determine your actions.

Jessica Carter believes that her thoughts determine her actions.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I believe that my mind is always keen and alert.

Jessica, you believe that your mind is always keen and alert.

Jessica Carter believes that her mind is always keen and

alert.

I believe that I am more than adequate for any task.

Jessica, you believe that you are more than adequate for any task.

Jessica Carter believes that she is more than adequate for any task.

I believe in the power of my mind to accomplish anything.

Jessica, you believe in the power of your mind to accomplish anything.

Jessica Carter believes in the power of her mind to accomplish anything.

I believe that abundance and prosperity are now mine.

Jessica you believe that abundance and prosperity are now yours.

Jessica Carter believes that abundance and prosperity are now hers.

I believe that I can overcome any obstacle.

Jessica, you believe that you can overcome any obstacle.

Jessica Carter believes that she can overcome any obstacle.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I believe that I will overcome every obstacle.

Jessica, you believe that you will overcome every obstacle.

Jessica Carter believes that she will overcome every obstacle.

I believe that my mind possesses genius.

Jessica, you believe that your mind possesses genius.

Jessica Carter believes that her mind possesses genius.

I believe that I can solve any problem.

Jessica, you believe that you can solve any problem.

Jessica Carter believes that she can solve any problem.

I believe that my past never defines who I am.

Jessica, you believe that your past never defines who you are.

Jessica Carter believes that her past never defines who she is.

I believe that my deepest vision becomes my reality.

Jessica, you believe that your deepest vision becomes your reality.

Jessica Carter believes that her deepest vision becomes her reality.

I believe that as I think, so I am.

Jessica, you believe that as you think, so you are.

Jessica Carter believes that as she thinks, so she is.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now.

As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I believe in my own massive potential.

Jessica, you believe in your own massive potential.

Jessica Carter believes in her own massive potential.

96 Powerfirmations

I believe that good things are coming my way now.

Jessica, you believe that good things are coming your way now.

Jessica Carter believes that good things are coming her way now.

CHAPTER 10

Jessica Carter's Awesome Self

I have awesome potential.

Jessica, you have awesome potential.

Jessica Carter has awesome potential.

I have amazing power now.

Jessica, you have amazing power now.

Jessica Carter has amazing power now.

My mind possesses genius.

Jessica, your mind possesses genius.

Jessica Carter's mind, possesses genius.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

Nothing is impossible for me.

Jessica, nothing is impossible for you.

Nothing is impossible for Jessica Carter.

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I have limitless resources in my life.

Jessica, you have limitless resources in your life.

Jessica Carter has limitless resources in her life.

I see my opportunities everywhere.

Jessica, you see your opportunities everywhere.

Jessica Carter sees her opportunities everywhere.

My power of mind is infinite.

Jessica, your power of mind is infinite.

Jessica Carter's power of mind is infinite.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

Amazing things are always happening to me.

Jessica, amazing things are always happening to you.

Amazing things are always happening to Jessica Carter.

I attract positive, powerful people in my life.

Jessica, you attract positive, powerful people in your life.

Jessica Carter attracts positive, powerful people in her life.

Every day is an awesome day for me.

Jessica, every day is an awesome day for you.

Every day is an awesome day for Jessica Carter.

I choose a powerful, positive attitude all of the time.

Jessica, you choose a powerful, positive attitude all of the time.

Jessica Carter chooses a powerful, positive attitude all of the time.

I choose to be a champion in my life.

Jessica, you choose to be a champion in your life.

Jessica Carter chooses to be a champion in her life.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now.

As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I choose to live in balance in my life.

Jessica, you choose to live in balance in your life.

Jessica Carter chooses to live in balance in her life.

100 Powerfirmations

I choose wisdom in my life.

Jessica, you choose wisdom in your life.

Jessica Carter chooses wisdom in her life.

I choose to be centered in my mind.

Jessica, you choose to be centered in your mind.

Jessica Carter chooses to be centered in her mind.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I love life now.

Jessica, you love life now.

Jessica Carter loves life now.

I love my life now.

Jessica, you love your life now.

Jessica Carter loves her life now.

I choose to be generous and kind.

Jessica, you choose to be generous and kind.

Jessica Carter chooses to be generous and kind.

I choose to have patience with other people.

Jessica, you choose to have patience with other people.

Jessica Carter chooses to have patience with other people.

I am a very grateful person.

Jessica, you are a very grateful person.

Jessica Carter is a very grateful person.

I am a great listener.

Jessica, you are a great listener.

Jessica Carter is a great listener.

I am already powerful to live my dreams.

Jessica, you are already powerful to live your dreams.

Jessica Carter already is powerful to live her dreams.

I am and will continue to fulfill my destiny.

Jessica, you are and will continue to fulfill your destiny.

Jessica Carter is and will continue to fulfill her destiny.

I am and will continue to fulfill my life purpose.

102 Powerfirmations

Jessica, you are and will continue to fulfill your life purpose.

Jessica Carter is and will continue to fulfill her life purpose.

CHAPTER 11

Jessica Carter's Health and Well-Being

I choose health and wholeness for my life.

Jessica, you choose health and wholeness for your life.

Jessica Carter, chooses health and wholeness for her life.

I see myself at my perfect weight for my height.

Jessica, you see yourself at your perfect weight for your height.

Jessica Carter, sees herself at the perfect weight for her height.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

I have courage to believe that I am totally healthy in every way.

Jessica, you have courage to believe that you are totally healthy in every way.

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Jessica Carter has courage to believe that she is totally healthy in every way.

Since I am building my self-esteem, I only use food for nutrition and energy.

Jessica, since you are building your self-esteem, you only use food for nutrition and energy.

Jessica Carter is building her self-esteem and only uses food for nutrition and energy.

I choose healthy food when I want to eat.

Jessica, you choose healthy food when you want to eat.

Jessica Carter chooses healthy food when she wants to eat.

I always deny initial hunger pains.

Jessica, you always deny initial hunger pains.

Jessica Carter always denies initial hunger pains.

I choose to do some form of exercise at least 3 times per week.

Jessica, you choose to do some form of exercise at least 3 times per week.

Jessica Carter chooses to do some form of exercise at least 3 times per week.

Empowerment Break: 'I breathe deeply and am totally relaxed as I affirm truth to my subconscious mind now. As water flows, so does the manifesting power of all of my dreams easily flow into my life.'

When eating out, I look on the menu for foods that I know to be good for me.

Jessica, when eating out, you look on the menu for foods that you know to be good for you.

When Jessica Carter eats out, she looks on the menu for foods that she knows are good for her.

My mental health is in perfect condition.

Jessica, your mental health is in perfect condition.

Jessica Carter's mental health is in perfect condition.

I experience peace at will.

Jessica you experience peace at will.

Jessica Carter experiences peace at will.

I can quiet my mind and focus on my breathing.

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Jessica, you can quiet your mind and focus on your breathing.

Jessica Carter can quiet her mind and focus on her breathing.

I do some form of cardio-vascular exercise on a regular basis.

Jessica, you do some form of cardio-vascular exercise on a regular basis.

Jessica Carter does some form of cardio-vascular exercise on a regular basis.

I know that my brain chemistry is balanced.

Jessica, you know that your brain chemistry is balanced.

Jessica Carter knows that her brain chemistry is balanced.

I am attentive to my health and well-being.

Jessica, you are attentive to your health and well-being.

Jessica Carter is attentive to her health and well-being.

I satisfy cravings with healthy foods.

Jessica you satisfy cravings with healthy foods.

Jessica Carter satisfies cravings with healthy foods.

Powerfirmations Gratitude Journal

For

Jessica Carter

Living Your Dreams Through Gratitude

Jessica, the most powerful activity that you can do in order to enact the power of attracting your dreams, goals and vision, is to express gratitude on a regular, consistent basis. In fact, your expression of gratitude should be a daily occurrence.

Jessica, I encourage you to express gratitude for your past, present and future. Whatever positive events occurred in your past, make an expression of gratitude for it. Any other event that you deem beneficial to bringing you further in your life, express gratitude for it as well. Not only have the positive events contributed to our current level of development, but oftentimes seemingly negative events have as well. You have to be the monitor in your own life of knowing what in fact did serve you for good in your life. Express gratitude accordingly.

Next, Jessica, express gratitude for positive things presently in your life. Some of the smallest events are often overlooked. These 'little things' need to be recognized as blessings to our lives.

Lastly, and most importantly, express gratitude for things that are not presently in your life, but they are things you want to be a part of your life. These are things congruent with your goals, dreams and vision. Think about things that you want to have, who you want to be and what you want to be doing.

It is very important to express gratitude for these 'as if they were already a part of your life'. The ancients expressed this as 'calling things which are not AS IF THEY WERE.' This practice makes a deep impression on the subconscious mind which has no concept of time. Neither is it able to distinguish between what you have already experienced in reality versus what is impressed upon it

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with imaginative pictures and words.

The expression of gratitude is very powerful for reaching your goals, dreams and vision for your life. Remember to express what you want to be, do and have in your life.

Use the following pages as a 'Gratitude Journal'.

Jessica, you truly are destined for an incredible future as you choose to become all that you want and more.

Gratitude Journal

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