

DAILY AFFIRMATION

Zig Ziglar

Step #1: For thirty days, first thing in the morning, last thing at night, by yourself, in front of a mirror, stand up straight, square your shoulders, look yourself in the eye and quietly, firmly say in the first-person present-tense:

“I, _____, am a person of integrity, with a good attitude and specific goals.

- **I have** a high energy level, am enthusiastic, and take pride in my appearance and in what I do.
- **I have** a sense of humor, lots of faith, wisdom, and the vision, empathy and courage to use my talents effectively.
- **I have** character, and am knowledgeable. My convictions are strong and **I have** a healthy self-image, a passion for what is right, and a solid hope for the future.
- **I am** an honest, sincere, and hard-working person.
- **I am** tough, but fair and sensitive.
- **I am** disciplined, motivated, and focused.
- **I am** a good listener and patient, but take decisive action.
- **I am** bold and confident, yet humble.
- **I am** an encourager, a good finder, and a forgiving person.
- **I am** a student, a teacher, and a self-starter.
- **I am** obedient, loyal, responsible and dependable.
- **I have** a servant’s heart, am ambitious and a team-player.
- **I am** intelligent, competent, persistent and creative.
- **I am** health-conscious, “balanced” and “clean.”
- **I am** flexible, punctual and thrifty.
- **I am** an honorable person who is truly grateful for the opportunity life has given me.

These are the qualities of the winner I was born to be and I fully intend to develop these marvelous qualities with which I have been entrusted. [Tonight I am going to sleep wonderfully well. I will dream powerful, positive dreams. I will awaken energized and refreshed, and tomorrow is going to be MAGNIFICENT!"]

Step #2: Repeat process the next morning and close by saying:

[These are the qualities of the winner I was born to be. Today is the first day of the rest of my life and it is WONDERFUL!]