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!]