

## The Power of Affirmations

A thought is not only a thing; a thought is a thing that influences other things. What do you think about? This is an important question because our life is what our thoughts make of it. We really do become what we think about. We can direct our lives by directing our thoughts. We can learn great ideas from someone else and make them our own. If you think the same thoughts again and again, they will become a permanent part of you.

Zig Ziglar often said that it is perfectly normal to talk to yourself, as long as you don't catch yourself saying, "huh?!" He also introduced me to the term *SNIOF*. This is an acronym for someone who is **S**usceptible to the **N**egative **I**nfluence of **O**ther **P**eople. Zig explained the surest way to catch the flu is to hang around people who have the flu. On the other hand, if you want to become successful, it's important to hang around successful people. You are the average of the 5 people you associate most with. The fastest way to change your life is to change the people you associate with. Now you can become **S**usceptible to the **P**ositive **I**nfluence of **O**ther **P**eople. Place yourself in a positive environment that nourishes your worthy expectations.

The key to attracting what you desire is to focus on it continually, imagining it already done and maintaining your mind, with full faith and expectancy. Assume that your desire is already fulfilled, feel that it is done, act as if it's done and you will realize it. This is the reason you want to have exciting and compelling dreams and purpose-driven goals. It's much easier to maintain your thoughts on positive, constructive ideas when those ideas are exciting to you.

What do you really want? Have a desire that is so attractive and exciting that you already want to think about it all of the time.

## Discipline Equals Freedom

A good question to ask yourself is: "What is one thing I don't want to do today, but if I did it, it would make my business and/or life better?" We all want our children to turn out right, so I have tried to introduce this great thought early in their life. When they said they don't want to do something, I told them: "One of the great discoveries in life is that even if you don't want to do something, you can still do it anyway, so go do it!" I always agreed when they would say that's not fair, and share with them two other "eternal truths": "Life isn't fair" and "Dad is always right!" You don't want to do something? Do it anyway!

What is the main difference between successful and unsuccessful people? Besides knowing what they want and having a plan to get there, a big revelation to me was to discover that successful people also don't like doing certain things, but they just do them anyway! Are you afraid to talk to people? Join the club! Successful people have made a habit of doing things they don't like or want to do – they just do it anyway. To motivate myself to do this essential task, I affirm that, "*Action conquers fear*" and "*Do the things*

*that you fear, and fear will flee.” I affirm that, “I love the telephone! The telephone is my friend. I love to call people and talk to them about Avini Health!” Calling people must become your daily ritual. “People form habits, and habits form futures.”*

*“Affirmation is the act of expressing your belief in the truth of a particular statement.” - Paul J. Meyer*

“Every day, in every way, I’m getting better and better” is a good affirmation and a great philosophy to live by! Success is more likely to occur when you have the right attitude of mind, combined with the right daily activities. In the beginning, when it was easy to be discouraged, I would say to myself, *“Winners never quit, and quitters never win.”* I have repeated the words of Og Mandino many times: *“I will persist until I succeed. I was not delivered unto this world in defeat, nor does failure course in my veins. I am not a sheep waiting to be prodded by the shepherd. I am a lion and I refuse to talk, to walk, to sleep with the sheep. I will hear not those who weep and complain, for their disease is contagious. Let them join the sheep. The slaughterhouse of failure is not my destiny. I will persist until I succeed!”*

I was personally stuck for many years in a former business. It had become more and more impossible for me to grow a business team within those circumstances. I was empowered by George Bernard Shaw’s statement: “People are always blaming their circumstances for what they are. I don’t believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can’t find them, make them.” This new mindset created for me the beautiful circumstances for building my Avini Health Empire.

An affirmation I personalized from David Schwartz, the author of *The Magic of Thinking Big*, is... *Dave Johnson, meet Dave Johnson—an important, a really important person. Dave, you’re a big thinker, so think big. Think Big about everything. You’ve got plenty of ability to do a first-class job so do a first-class job. Dave, you believe in Happiness, Progress, and Prosperity. So: talk only Happiness, talk only Progress, talk only Prosperity. You have lots of drive, Dave, lots of drive. So put that drive to work. Nothing can stop you Dave, nothing. Dave, you’re enthusiastic. Let your enthusiasm show through. Dave Johnson, you were a great fellow yesterday and you’re going to be an even greater fellow today. Now go to it, Dave. Go forward.* (Insert your name and recite this every morning for the next thirty days.)

A Powerful Daily Affirmation: I attract success because I am successful! I am the master of my mind! I form good habits that support my burning desire to build an empire and change the world. I have priceless friendships and true financial prosperity. I attract success because I’m successful. Avini provides me an opportunity to make a big difference in the lives of many people. People around me feel the positive vibrations and share the same vision that keeps me resolute in my purpose and enduring in my daily actions.

Love and enthusiasm is the driving force behind my successful Avini business. I appreciate my ability to arouse enthusiasm in all the people around me. My enthusiasm tramples over prejudice and opposition, spurns inaction, embraces consistent follow up, and like an avalanche, it overwhelms and engulfs every obstacle in my path. I attract success because I am successful. I listen with empathy and understand through love. I seek after the still, small voice and heed its promptings. I am a peacemaker. My home is filled with love and the Holy Spirit. I have a Massively Transformative Purpose. Avini Health gives me a magnificent obsession. I am a rainmaker. I am on a mighty and glorious mission. I know that God is working through me and in me to manifest goodness and abundance in the lives of other people. I know how to be successful and I know how to help others become successful too! I am grateful and thankful for the tremendous opportunity to play BIG towards helping our world become a much better place! My natural state is a state of vibrant health, energy, and vitality! Of the Abundance of the Lord the earth is full!!

I attract success because I AM SUCCESSFUL!!!

I love the phrase All Out Massive Action. AOMA! *Anybody can be up when they're up, but successful people have learned to be up, even when they're down – always be positive! Always be up!*

I'm a ***Glad-I-Did!*** Dennis Williams states that at some point in life all of us are going to fit in one of two categories: "*Wish-I-woulda*" or "*Glad-I-did.*" He knows someone who prods herself into action by affirming: "*Git'er done!*" ...and an 85-year-old lady who uses the phrase "*Suck it up, Princess!*"

*There is no chance, no destiny, no fate  
that can circumvent, or hinder, or control  
the firm resolve of a determined soul!*

Have you heard of STP? "See the Picture. See the People. Show the Plan. Sell the Product. Stop the Procrastination."

***Do it! Do it Right! Do it Right Now! If it is to be, it is up to me!***

**The speed of the group is determined by the speed of the leader.**

What you entertain, you give energy to. What you focus on, expands.

If you want this thing to work, you've got to work this thing you want.  
It's not how good you are, but how bad you want it!

It's easier to fight for one's principles than to live up to them!

The messenger must be the message!

What is my fire within?

No thought lives in your head rent free – it is either costing you or paying you

**GISISA – *Get In, Stay In, Stay Active***

Avini is like an annuity or any investment program, it works best when you invest early, invest regularly, and keep investing.

“Far and away the best prize that life offers is the chance to work hard at work worth doing.” -Teddy Roosevelt

Reasons for Failure:

They do the right thing, but not enough of it

They do enough, but not of the right thing

They don't identify their objective

They don't equip themselves for success

They don't establish lines of communication

They don't get rid of excess baggage, especially the negative

Today is the beginning of a new day; God has given me this day to use as I will!

I can waste it or use it for good, but what I do today is important because I am exchanging a day of my life for it!

When tomorrow comes, it will be gone forever, leaving in its place something I have exchanged for it!

I want it to be good, and not evil!

Success and not failure!

Gain and not loss!

Love and not indifference!

In order that I shall not regret the price that I have paid for it!

From Louise Hay:

I am an open channel for divine ideas to flow through me, and the creativity of the universe now expresses itself through me!

Whatever I need comes to me. Everything I need to know is revealed to me!

I am divinely guided, protected, and inspired, and my way is made smooth and easy!

If there is anyone I meet or think about today that irritates me in any way, I simply bless them with love, and the love I send to them returns to me multiplied, and I will benefit in ways that I cannot even imagine!

Whatever I give out returns to me!

I cast my bread upon the waters, and it returns to me a million-fold!

*From Og Mandino:*

I will greet this day with love in my heart!

For this is the greatest secret of success in all ventures!

Muscle can split a shield, and even destroy life, but only the unseen power of love can open the hearts of men and women, and until I master this art, I will remain no more than

a peddler in the marketplace!

I make love my greatest weapon, and none on whom I call can defend against its force!  
My reasoning they may counter, my speech they may distrust, my apparel they may disapprove, my face they may reject, and even my bargains may cause them suspicion, yet my love will melt all hearts, liken to the sun whose rays soften the coldest clay!

And how shall I greet each whom I meet?

In only one way: in silence and to myself, I say "I love you". Though spoken in silence, these words shine in my eyes, un wrinkle my brow, bring a smile to my lips, and an echo to my voice, and their heart will be moved!

And most of all, I will love myself!

For when I do, I will zealously inspect all things that enter my body, my mind, my heart, and my soul!

Never will I overindulge the requests of my flesh, rather I will cherish my body with cleanliness and moderation.

Never will I allow my mind to be attracted to evil and despair; rather I will uplift it with the wisdom and knowledge of the ages.

Never will I allow my soul to become complacent and satisfied, rather I will feed it with meditation and prayer.

Never will I allow my heart to become small and bitter, rather I will share it and it will grow and warm the earth!

I will greet this day with love in my heart!

I will become a great salesman!

If I have no other qualities, I can succeed with love alone; and without it I will fail though I possess all the knowledge and skills of the world!

I greet this day with love in my heart, and I succeed!

Brian Tracy states that Affirmations are most effective when stated positively, using present tense, and are personal (using "I"). These positive, assertive statements say yes to our potential. By repeating them over and over strongly with feeling, confidence and enthusiasm you will drive them deep into your subconscious. Whatever the conscious mind believes and accepts, the subconscious will act and obey instructions to bring it into physical reality.

Our lives are directed by the content and quality of our thoughts. Whatever we think in our mind we move toward it. Be careful what you think about, because our thoughts also have a power on those around us!

The 3 P's

Affirmations must be Personal "I"

Affirmations must be Positive

Affirmations must be in Present Tense

What do you want? You have limitless possibilities!

Consider making a personal recording of your affirmations to play.

Fall asleep listening and programming yourself for a successful and exciting future!

*From someone who appreciates you and believes in you! -Dave Johnson*