

Lazy Man's **Affirmation Handbook**

**Including 49 Powerful Affirmations
You Can Use *Immediately***

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Reference

Most of the affirmations found in this publication are quoted from the following books: Creative Visualization by Shakti Gawain (1982), The Power Of Your Subconscious Mind by Joseph Murphy (1997) and The Millionaire Mindset by Gerry Robert (1999).

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Important message from the author

During one of my speaking engagements, I asked the participants what they wish to learn from me that day.

One of the participants said, “I want to know how to unleash my potential!”

“What potential are you talking about and what result do you want to achieve after you have unleashed it?” I ask the participant.

I realized that the participant began to look a bit pissed off. That was possible because instead of giving him the answer, I was challenging him with another question.

I decided to continue, “Our greatest human potential is the potential of our subconscious mind. If you want to unleash your potential, you have to understand how your subconscious mind works and how to tap into its power.

However, there is no point telling you how to tap into the power of your subconscious if you do not know what you want. On the other hand, if you know exactly what you want and you have a strong desire to attain it, your potential will be unleashed automatically.”

The reason why I’m telling you all these is because the first step to achieving success in anything is to know what result you want to get out of it.

The same is true for affirmation.

Out of 100 people who read this handbook, probably only 20 will faithfully do the affirmations for the next 30 days and these people will benefit, for sure. But out of these 20 people, probably only 3 people will achieve great success in the future because these people bother to spend time finding out what they want in life.

Affirmation is powerful but it is just a tool. It is your Boeing 747, but you need to know where you want to go.

If you do not know what you want at this moment, probably the best affirmations you can do are those I've listed under the category of **Finding your heart's desire and destiny**.

You may or may not get the answer immediately because it depends on how much past experiences you have accumulated. Remember, everything happens for a reason and it happens for your benefits. (Read **My top 4 beliefs**. They are important.)

When you found your destiny, you will realize that everything that happens to you in the past link up in one line, and all the past experiences and failures that you have gone through are simply lessons that prepare you for your destiny.

I wish you success in affirmation and success in life.

You may want to distribute this little ebook to those you are concern.

“What you keep to yourself you lose, what you give away, you keep forever.” — Axel Munthe

To your greatest success,



Kenneth Koh

Speaker, entrepreneur and editor of

www.subconscious-secrets.com

PS: Visit this website for more FREE articles, ebooks and resources.

What is affirmation and why it is so powerful?

Affirmation is simply a process of thinking, listening, saying or writing a statement to yourself or other people repeatedly.

For example, when you wake up every morning, you may affirm by saying aloud “Today is a great day!” It will have great impact to the rest of your day. Trust me!

Before I explain to you the power of affirmation, I think it’s important that you understand the power of belief.

How many times have you heard people saying “if you believe you can, you can”?

Perhaps one of the great truths in life is that **your belief creates your reality**. In other words, your reality is ***generally*** a reflection of the beliefs of your subconscious mind. That’s why if you believe you can, you can.

By the way, what is a belief?

A belief is simply a thought that is accepted by your subconscious mind.

You might have read some books that say your thoughts create your reality. (If you want to find out why, I suggest you read the classic book [As A Man Thinketh](#). Many millionaires attribute their success to this book and I bet you won’t want to miss this book, especially when it’s free!) But we have thousands of thoughts everyday, how can all these thoughts manifest into our realities?

Actually not all thoughts are turned into realities. Only thoughts that are believed by the subconscious mind are turned into realities.

The reason why belief turns into reality is because of the **Universal and Natural Law of Attraction**. ([Click here](#) to learn how Bob Doyle changed his life after he fully understand the law of attraction.)

Without going into the details about the law of attraction, this is something you MUST understand. The law of attraction is a Universal Law, just like the law of gravity. It works whether you like it or not; whether you believe it or not.

By understanding the law of gravity, you will be smart enough to get yourself equipped before you do bungee jumping.

Similarly, if you understand the law of attraction, you will be smart enough to check your belief system to make sure that you do not sabotage your own success in life!

If belief is so important, wouldn't it be great if you can intentionally create a belief in your subconscious?

Since your belief creates your reality, if you can intentionally create a belief, it simply implies that you can intentionally create your own reality.

“Hey, who doesn't want to create their own reality?”

The method of creating a new belief in your subconscious is very simple. The method is called affirmation.

By repeating an affirmation over and over again, you will be able to 'cheat' your subconscious mind into believing that the statement is true.

This is what the advertising industry has been doing all these years! Advertisers keep blasting the same message over and over again while you are passively watching the television. Over time, you believe what they say without questions.

Do yourself a little research. Ask someone who has achieved substantial success in life if there is a sentence or a message that they keep repeating to themselves.

I did the research myself and this was what I found out.

My business partner, a self-made millionaire, believes that “as long as we persist, we will definitely make it.”

My mother-in-law, a successful businesswoman, said she always tell herself that “If the sky were to collapse, I’ll just treat it as my blanket.” It is actually a Chinese proverb, which means there is nothing to fear in life. Stay positive regardless of what’s happening.

Successful people always have one or more positive beliefs that they keep affirming throughout their lives. If they understand the power of affirmation, they would have known that their success is not a coincidence.

Let me summarize the message I’m trying to put across in this passage.

Since affirmation creates belief and belief creates reality, you can create your reality by doing affirmation everyday.

What do people like Tony Robbins, Louise L. Hay, Deepak Chopra and Wayne Dyer have in common?

All of them have discovered the power of “Affirmation and Visualization”

Give me 10 Minutes a day and I will show you how to create the life of your dreams.

[Click Here Now!](#)

My top 4 beliefs

1. If I can't get what I want, that is because I have not asked enough. I will get something better.

Comments: With this belief, all news are good news.

Whenever I do not get something I want, I will tell myself that that's a good news. Something better is on its way for me!

Indeed, something better always appeared, and because I was mentally prepared (by having this belief with me), I was able to catch the better thing as soon as it appeared.

2. The world is created for me. Everything that happens to me happens for a reason and it happens for my benefits.

Comments: Before you start thinking I'm an egoistic person, let me explain. The world is created for you while you are created to contribute to the world. The relationship is mutual.

Whenever I face challenges, I will ask myself since everything happens for my benefits, how can I benefit from this? This belief has allowed me to turn adversities into opportunities.

As what Napoleon Hill said, "Every adversity, every failure and every heartache carries with it the seed of an equivalent or a greater benefit."

Napoleon is right, but you have to be mentally prepared to see the benefit. This belief has helped me to do that and I believe it will help you too.

3. I am God, I am part of God, I am God. Everything is possible because I am God.

Comments: I know this statement is sensitive. If you don't feel comfortable, skip this.

I don't belong to any religion though I believe in God. By saying I'm God, I am not trying to play God, but I understand that I'm part of God.

This belief has allowed me to adopt an Infinite Possibilities Thinking. It has effectively removed all my fears and procrastinations.

4. Luck is created.

Comments: You can be lucky for once, but you cannot be lucky for life. Instead of believing that you need luck to succeed, how about asking yourself if the Golden opportunity strikes, are you ready to handle it?

I believe luck is created, because the universe works through the law of attraction. You will attract to yourself the kind of opportunities you need. All you have to do is to develop and prepare yourself so that you can activate the law of attraction.

What would happen if you program the beliefs of the Most Effective, Successful and Happy People into your subconscious mind?

You are right! You will have the same reality as theirs.

Find out more from the #1 most visited personal development site in the world.

[Click Here Now!](#)

How to do affirmation

Affirmation is really not a rocket science. You simply repeat a short affirmative statement verbally or mentally. Before you start affirming, relax your body, enter into a sleepy state and slowly, quietly and feelingly repeat the statement that you wish to affirm for about 5 minutes.

When is a good time to do it?

Many affirmation guidebooks will tell you that the best time to do affirmation is in the morning when you just wake up and in the evening just before you sleep.

Actually it's not really necessary.

You just have to do it when you are in a drowsy state. Why? Because these are times when your subconscious mind is more receptive. The technical reason has to do with the relationship between your brainwave and your subconscious mind. (If you want to find out more, you can go to www.subconscious-secrets.com/alpha-brain-waves.html).

How do you use this Affirmation Handbook?

This Affirmation Handbooks consists of 49 powerful affirmations that you can use everyday.

They are categorized according to the results you wish to obtain, such as For Health, For happiness and For Personal Success. You can search the category using pdf bookmark function or using the content page if you have this handbook printed.

Choose a category that you need most currently and read the affirmation everyday before you sleep for 5 minutes.

Do it for AT LEAST 30 days because research has shown that it takes 30 days for permanent change to be made to your subconscious mind.

49 powerful affirmations you can use immediately

For general well being (*The most famous and powerful affirmation of all time*)

- ❖ Every day in every way I'm getting better and better.

Finding the perfect job

- ❖ My subconscious reveals to me the perfect career for me. My work allows me to express my creativity freely. I earn good money doing things I love. My career is filled with joy and laughter and abundance.

Finding your heart's desire and destiny

- ❖ My subconscious reveals to me my heart's desire. Everything I do moves me closer to my destiny.
- ❖ The infinite intelligence that gave me this desire leads, guides, and reveals to me the perfect plan for the unfolding of my desire. I know the deeper wisdom of my subconscious is now responding, and what I feel and claim within is expressed in the without. There is a balance, equilibrium, and equanimity.
- ❖ The infinite intelligence of my subconscious mind reveals to me my true place in life.

For personal success

- ❖ I have great mental strength. I control my emotion. I have a vibrant mental health and it allows me to enjoy the process of acquiring my heart's desire.
- ❖ I have my heart's desire. Everything I set my mind to come to me according to plan. It happens every single time. I simply keep attracting more and better things into my life.

- ❖ I have tremendous persistence and determination. I am always and totally focused on my heart's desire. I succeed because I am committed to what I want. I have mountain-moving faith operating in my life.
- ❖ I have great confidence. People like me, and I like people. I am a giver. I am concerned about others and seek to give to them. I am drawing to myself everyone I need to assist me in reaching my goals. I make friends easily. I am lovable and capable.
- ❖ I persist. I keep on keeping on. I am programmed for success. No matter what, I will never stop trying. I win.
- ❖ I am a person of passion and commitment. I succeed because I am dedicated to achievement. I reject mediocrity and am willing to stick at things until I prosper because I am so passionate about myself and my potential.
- ❖ I think big! My imagination is limitless. I will accomplish more in this life than I ever preciously dreamed possible. I am a "no-limits" person. I stretch myself all the time.
- ❖ I am making it! I am convinced that I am a prime performer right now. I am a successibility thinker. Success is not a destination; it's a journey. Therefore, I'll persist no matter what.
- ❖ If it's going to be, it's up to me! I make things happen. I am totally responsible. I do not wait for anyone to solve my problems, make my life easier or create my success. I seek assistance, that's for sure, but I never abdicate my leadership role in seeing my dreams come true.
- ❖ I focus on success. There really isn't such a thing failure. My belief is that I learn and grow with every event of life. I succeed because I develop. Success is an attitude not an action. It's an outlook, a mindset and I possess it, right here and now.
- ❖ I am a giver. I give to others that which I have abundantly received. To keep what I have I must give it away. I am a

grateful person. I have received so much in life, now I pass some of it back to others.

- ❖ I don't mind paying the price for success. I know that to achieve much, one must pay much. I am willing to make sacrifices in order to see my dreams come to reality. I accept the principle of delayed gratification. I don't need "instant" anything. I can handle paying now and enjoying later.
- ❖ I count my blessings everyday. I realize how fortunate I am. I do not take anything for granted. I am richly blessed and I am thankful for this fact. I reject self-pity and refuse to grumble about my lot in life. Things are going great with me.

For money and abundance

- ❖ Money is great, grand and wonderful! I attract it in abundance to provide the good I desire, to help others and create a better world for all.
- ❖ I choose my destiny, and for me abundance is part of that picture. I change easily, quickly and permanently those things which prevent me from attaining my goals.
- ❖ I am a master of massive action. I am very active. I enjoy making things happen. Things seem to fall into place for me! Money comes my way because of my positive habits and actions. I know what questions to ask to generate solutions and I act immediately on the answers I get.
- ❖ Money is flowing my way. All the cash I need to fuel my projects is on its way. Everything I need is in motion towards me. I am a magnet to money.
- ❖ I like money. I love it. I use it wisely, constructively and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good. Money flows to me in avalanches of abundance. I use it for good only, and I am grateful for my good and for the riches of my mind.

- ❖ I am one with the infinite riches of my subconscious mind. It is my right to be rich, happy and successful. Money flows to me freely, copiously, and endlessly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully blessed financially. It is wonderful!
- ❖ I am a people magnet. I attract fabulous, wealth-building individuals to myself. I learn from everyone and everyone learns from me.
- ❖ I am a magnet to money. I will achieve my success through providing to others. Everything healthy that I desire is on its way towards me right now. Everything I touch turns to gold.

To improve your memory

- ❖ I realize that my subconscious mind is a storehouse of memory. It retains everything I read and hear. I have a perfect memory at my disposal, if I choose to use it.
- ❖ From today onward, my memory is improving in every way. I will always remember whatever I need to know at every moment of time and point of space. The impressions I receive will be clear and definite. I will retain them automatically and easily. Whatever I want to recall will immediately present itself in the correct form in my mind. I am improving rapidly every day. Very soon my memory will be better than it has ever been before.

Finding your ideal home

- ❖ The infinite intelligence of my subconscious mind is all-wise. It reveals to me now the ideal home that meets all my requirements and that I can afford. I am now turning this request over to my subconscious mind. I know it responds according to the nature of my request. I release this request with absolute faith and confidence in the same way that a farmer deposits a seed in the ground, trusting implicitly in the laws of growth.

Finding a buyer for your home

- ❖ Infinite intelligence attracts to me the buyer for this home who wants it and who prospers in it. This buyer is being sent to me by the creative intelligence of my subconscious mind, which makes no mistakes. This buyer may look at many other homes, but mine is the only one he wants and will buy, because he is guided by the infinite intelligence within him. I know the buyer is right, the time is right, and the price is right. Everything about it is right. The deeper currents of my subconscious mind are now in operation bringing both of us together in divine order. I know that it is so.

For wisdom

- ❖ The infinite intelligence of my subconscious mind constantly reveals to me everything I need to know.
- ❖ Infinite intelligence within me knows all things. The right decision is revealed to me in divine order. I will recognize the answer when it comes.

For health

- ❖ My body and all its organs were created by the infinite intelligence in my subconscious mind. It knows how to heal me. Its wisdom fashioned all my organs, tissues, muscles, and bones. This infinite healing presence within me is now transforming every cell of my being, making me whole and perfect. I give thanks for the healing I know is taking place at this time. Wonderful are the works of the creative intelligence within me.

To overcome nasty temper

- ❖ From now on, I shall grow more good-humored. Joy, happiness, and cheerfulness are now becoming my normal states of mind. Every day I am becoming more and more lovable and understanding. I will be a center of cheer and goodwill to all those around me, infecting them with my good spirits. This happy, joyous, and cheerful mood is now becoming my normal, natural state of mind. I am grateful.

When facing a challenge or problem

- ❖ My subconscious knows the answer. It is responding to me now. I give thanks because I know the infinite intelligence of my subconscious knows all things and is revealing the perfect answer to me now. My real conviction is now setting free the majesty and glory of my subconscious mind. I rejoice that it is so.
- ❖ There are no problems, only a shortage of ideas. I refuse to look at obstacles as problems. I am solution-orientated not problem orientated. I am a creative person therefore ingenious concepts come to me to remove all success blockers. For me the issue is ideas not problems.

To attract the right partner (for men)

- ❖ I now attract the right woman who is in complete accord with me. This is a spiritual union because it is divine love functioning through the personality of someone with whom I blend perfectly. I know I can give to this woman love, light, peace and joy. I feel and believe I can make this woman's life full, complete and wonderful.

I now decree that she posses the following qualities and attributes: She is spiritual, loyal, faithful, and true. She is harmonious, peaceful, and happy. we are irresistibly attracted to each other. Only that which belongs to love, truth, and beauty can enter my experience. I accept my ideal companion now.

To attract the right partner (for women)

- ❖ I am now attracting a man into my experience who is honest, sincere, loyal, faithful, peaceful, happy, and prosperous. These qualities that I admire are sinking down into my subconscious mind now. As I dwell upon these characteristics, they become a part of me and are embodied subconsciously.

I know there is an irresistible law of attraction and that I attract to me a man according to my subconscious belief. I attract that which I feel to be true in my subconscious mind.

I know I can contribute to this peace and happiness. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There is mutual love, freedom and respect.

- ❖ I am building into my mentality the type of man I deeply desire. The man I attract for a husband is strong, powerful, loving, successful, honest, loyal and faithful. He finds love and happiness with me. I love to follow where he leads.

I know he wants me, and I want him. I am honest, sincere, loving, and kind. I have wonderful gifts to offer him. They are good will, a joyous heart, and a healthy body. He offers me the same. It is mutual. I give and I receive.

Divine intelligence knows where this man is, and the deeper wisdom of my subconscious mind is now bringing both of us together in its own way, and we recognize each other immediately. I release this request to my subconscious mind which knows how to bring my request to pass. I give thanks for the perfect answer.

For happiness

- ❖ Divine order takes charge of my life today and every day. All things work together for good for me today. This is a new and wonderful day for me. There will never be another day like this one. I am divinely guided all day long, and whatever I do will prosper. Divine love surrounds me, enfolds me, and enwraps me, and I go forth in peace.

Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report. I am a spiritual and mental magnet attracting to myself all things that bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long.

- ❖ I am happy! I enjoy the good life. Regardless of the storms and problems of life, I am happy. Joy is within me even in the midst of the cold, hard winters of life. There is within me an invincible summer.

For forgiveness

- ❖ I fully and freely forgive [think of the name of the offender]. I release him (her) mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he (she) is free. It is a marvelous feeling.

This is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and everyone health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly. Whenever I think of the person or persons who hurt me, I say, "I have released you, and all the blessings of life are yours." I am free and they are free. It is wonderful!

Removing mental blocks

- ❖ I realize I am one with the infinite intelligence of my subconscious mind, which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. My deeper mind responds to my thoughts. I know that the work of the infinite power of my subconscious cannot be hindered. Infinite intelligence always finishes successfully whatever it begins.

Creative wisdom works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim in life is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work comes to full fruition in divine order.

To increase your self worth

- ❖ I love and appreciate myself just as I am.
- ❖ I matter to myself and to others. I am a significant person with incredible potential and abilities. I am aware of my flaws and choose to appreciate myself even with them. I love myself.
- ❖ I can because I think I can. I am programmed for success. I believe I am a winner! I can do almost anything. My belief system is limitless. I can! I can! I can!
- ❖ I am powerful. I'm not afraid to risk or to take chances. I am a person of great courage. I would rather try and possibly fail, than succeed in doing nothing.
- ❖ I am a positive self-talker. I appreciate myself. I say things to myself that build me up. I have many strengths, abilities and qualities. This is what I chose to focus on.
- ❖ Today marks a new beginning for me. I start afresh today! I do away with the garments of my past with all their doubts, struggles and concerns. People will see a new me.

- ❖ Nobody is perfect – myself included. Everyone has flaws and problems. I accept myself, my body, my imperfections and all. I fix those things I can and embrace those things that are outside of my control. I love and accept myself.
- ❖ I live out the Diamond Principle. It says, “Residing within me are the attributes of precious diamonds. Like the diamond, I am uniquely created. There is no other diamond quite like me. I am precious. I have a sense of worth. I am valuable. I am lovable and capable. Like the diamond, I reflect light, bringing warmth and color to all who see me.
- ❖ I am a worthwhile person. I have a strong sense of worth and it is so regardless of what anyone says about me, thinks of me or does to me. I am carefully and wonderfully created. I am free from the desperate need for approval. I am of worth. Period. I matter.
- ❖ I invest in myself. I am worth it. My personal development is very important in my life. Unlike the masses, I do not quiver at the thought of monetary or time investments. I can handle the investment phase in order to reap the benefit phase later. Like a champion athlete who trains relentlessly, I too am willing to pay the price to be my best.

For positive mental attitude

- ❖ I believe in what’s possible. I see possibilities everywhere. I focus on what’s right, bright and beautiful. I see the best in every situation and in every person.
- ❖ My enthusiasm is overflowing. I’m an “up” person. My attitude is contagious; others look to me to raise morale. I am dynamic.
- ❖ My mind is positive today. I will fill it with something positive. I love to read and listen to uplifting ideas. I take the time to input great successibility thinking concepts into my mind. I deserve this information.

- ❖ I choose Yes/Yes instead of No/No living. I am an eternal optimist. I refuse to dwell on the negatives in life. I choose rather to see the bright side of life today. I choose to accentuate the positive. This optimism make me attractive to those around me, everything around me may be shouting No/No, but I always embrace Yes/Yes.