

# 21 DAY RAPID SUCCESS SYSTEM

## APPENDIX # 3 - AFFIRMATIONS GUIDE

### Powerful Affirmations

The following are 30 of some of the most powerful affirmations you can use to create long-term success. Read through the list and then choose the ones you think will be most useful to you. Their definitions are below the list.

If you would like to create your own affirmations I have provided a Rapid Affirmation Creator Worksheet at the end of this appendix.

- |                  |                  |                     |
|------------------|------------------|---------------------|
| 1. Ambitious     | 11. Energetic    | 21. Passionate      |
| 2. Assertive     | 12. Engaging     | 22. Positive        |
| 3. Attractive    | 13. Focused      | 23. Powerful        |
| 4. Bold          | 14. Forgiving    | 24. Punctual        |
| 5. Calm          | 15. Great        | 25. Self-Aware      |
| 6. Compassionate | 16. Hard-Working | 26. Self-Determined |
| 7. Confident     | 17. Healthy      | 27. Social          |
| 8. Considerate   | 18. Impactful    | 28. Strategic       |
| 9. Controlled    | 19. Inspiring    | 29. Strong          |
| 10. Courageous   | 20. Outgoing     | 30. Trustworthy     |

### Affirmation Definitions

#### 1. Ambitious

I Am Ambitious!

Ambitious means that you are aggressively seeking promotion to the next level in whatever area you are going after. Most use it when talking about a job or career. Ambitious people are very uncomfortable with not being able to see and pursue the next level. They always want to go as high as they can, as fast as they can.

#### 2. Assertive

I Am Assertive!

Assertiveness means you forcefully (and this can be done politely) insist on getting your own way in a particular situation. Assertive people are willing to stand firm when asking for something or stand firm against someone who is asking them to do something they don't want to do.

### **3. Attractive**

I Am Attractive!

Attractiveness means people look at you and find you appealing either in the way that you look or in how you behave and act. This is not just about appearance and it is not just about looking good to the opposite sex. Attractive people build characteristics that make people want to be around them and listen to them.

### **4. Bold**

I Am Bold!

Boldness means that you don't hesitate to put yourself out front when you need to. Bold people are willing to be the first to volunteer, the first to ask the tough questions and the first to try something new.

### **5. Calm**

I Am Calm!

Calmness means that you don't go on emotional rollercoasters by getting too happy nor getting too sad. Calm people don't allow others to agitate them and opportunities to make them too excited. They are consistent and able to deal with many things that cause emotional reactions in others with peace and clarity.

### **6. Compassionate**

I Am Compassionate!

Compassion means you can see what causes others pain and distress and have a desire to help those people when it makes sense to do so. Compassionate people have the emotional ability to "Walk a mile in someone else's shoes" and then make intelligent decisions on if, when and how to help those that are struggling.

### **7. Confident**

I Am Confident!

Confidence means you are sure of yourself and your abilities. Confident people

truly believe that they can handle a situation or they can learn how to handle a situation. They believe in their abilities and that they can get the job done. Confident people also recognize when they really can't get something done and are confident enough to let others know that someone else is better.

### **8. Considerate**

I Am Considerate!

Consideration means you show respect and thoughtfulness for another's feelings. Considerate people are aware of the negative feelings their actions may cause to another individual. They only cause negative feelings in others if it is necessary to help another individual, stop an individual from harming or using them, or if it is required to reach a greater goal.

### **9. Controlled**

I Am Controlled!

Control means you may feel strong emotions or desires but don't give into them because there are more important things that need to be done, like achieving your goals. Controlled people can deal with many emotions and desires being thrown at them, and they only allow themselves to get emotional or act on the desires if it is truly in their own best interest to do so.

### **10. Courageous**

I Am Courageous!

Courage means you feel fear and still act. Courageous people are able to push past fear and self-doubt to achieve a goal, learn something new or help someone.

### **11. Energetic**

I Am Energetic!

Energy means you have the power to keep moving for long periods of times, longer than when most others would stop. Energetic people have this radiance about them as they bring high levels of passion and activity to their activity, which makes others attracted to them.

### **12. Engaging**

I Am Engaging!

Engaging means that others enjoy conversations, chats and spending time with you because you are an interesting and thoughtful individual. Engaging people can hold great and interesting conversations with almost anyone and know how to interact in social situations where meeting and building relationships with others occur.

### **13. Focused**

I Am Focused!

Focus means that you can block out distractions and work without interruption on key tasks and projects. Focused people know how to turn off cell phones, block out time and set aside wandering thoughts to concentrate exclusively on the task at hand.

### **14. Forgiving**

I Am Forgiving!

Forgiveness means that you can recognize an offense and not hold it against the other person. A forgiving person doesn't allow the emotional weight of anger and frustration that occurs when someone does them harm to hold them down. They look for ways to not hold the offense against the person. This does not mean that they continue to have a relationship or work with them. It simply means they let go of the past hurt caused by the individual.

### **15. Great**

I Am Great!

Greatness means that you have achieved a high level of success and ability in a skill or in an attitude. A great individual recognizes their unique abilities and that they are the only one that has those abilities in those combinations. They also recognize that others are great as well.

### **16. Hard-Working**

I Am Hard-Working!

Hard-Working means that you can put high levels of energy into each task that you are working on. Hard-working people put more effort into each activity than the average person wants to or will.

### **17. Healthy**

I Am Healthy!

Healthy means you have both the physical and mental condition of being strong, active and alive. Healthy people deal with sickness better, deal with emotional and mental challenges better, and have a better overall quality of life.

### **18. Impactful**

I Am Impactful!

Impactful means that you can change situations and circumstances that involve you for the better. Impactful people can make lemons into lemonades, help make tough problems go away, and help others who are stuck do better.

### **19. Inspiring**

I Am Inspiring!

Inspiring means that you can influence others to do and be better because they watch how you live and act. People who are inspiring often help others without even knowing it, because the way they act, think and behave has such a powerful influence on those watching that they want to copy what you are doing.

### **20. Outgoing**

I Am Outgoing!

Outgoing means that you can reach out and connect with other people. Outgoing people can meet people anywhere and have conversations, create new relationships and leave people feeling better about themselves afterwards.

### **21. Passionate**

I Am Passionate!

Passionate means that you are deeply and visibly committed to an activity or cause. Passionate people are enthusiastic and persuasive and can convince people that the activity or action they are passionate about is important.

### **22. Positive**

I Am Positive!

Positive means that you are always looking at the good in a situation or believe that good can come out of a situation. Positive people focus on how to use a

situation to their benefit and look for how good can come out of a situation. They look at the world for what it can be. They see negativity, but they don't allow it to dominate how they think and act.

### **23. Powerful**

I Am Powerful!

Powerful means that people see you as someone that can get things done. They believe you can lead them in the right direction and support them if they need support. Powerful people are both confident and assertive, and are willing to lead without question when the situation calls for it.

### **24. Punctual**

I Am Punctual

Punctual means that you are on time and people trust you because they know you will be there reliably. Punctual people don't like to be late without a good reason because they know it hurts their credibility. Punctual people can be relied on to get something done when they say it will be done, show up on time and deliver on schedule as promised.

### **25. Self-Aware**

I Am Self-Aware

Self-awareness means that you can see yourself through other people's eyes. Self-aware people recognize how what they do is impacting other's thoughts and perceptions of them. Because self-aware people can recognize how others react to them, they can also alter how they are looked at to gain the best advantage.

### **26. Self-Determined**

I Am Self-Determined!

Self-determined means that you define how you want to live and act and you don't allow others to steer you away from doing that. Self-determined people know what they want and how they feel, and they rarely let other people steer them away from what they want and feel.

### **27. Social**

I Am Social!

Social means that you enjoy living, working and playing with groups of people. You value group relationships and working within a group. Social people look for ways to pull people together around issues, tasks or even games.

### **28. Strategic**

I Am Strategic!

Strategic means that you can plan ahead, put the necessary pieces in place and predict what will happen based upon what you see going on. A strategic person can put the puzzle together when other people only see pieces. They can create plans that lead to the best success in the future.

### **29. Strong**

I Am Strong!

Strong means that you can hold up mentally and emotionally under extremely stressful situations, whether they are positive and negative. Strong people can take many blows, face many obstacles and negative circumstances, and still stand tall and keep moving.

### **30. Trustworthy**

I Am Trustworthy!

Trustworthy means that people can rely on you because you will do what you say you will do and you will be truthful and honest. Trustworthy people are known as rocks of reliability to other people. Others know that if you tell them something it is the truth, and that if you promise something you won't break that promise.

# Rapid Affirmation Creation Worksheet

## Build Your Own Affirmation!

Use this sheet to create an affirmation of your own.

### STEP 1

Clearly visualize the characteristic you would like to have and what you will feel like and act like when you have it. Now write it all down in detail in the box below.

### STEP 2

Name your affirmation using either one word or a short phrase. Write it in the box below.

### STEP 3

Combine them into one powerful affirmation in the boxes below.

I AM!

Add Affirmation  
Name from Step 2:

Add Affirmation  
Description from Step 1:  
**Which means...**

### STEP 4

Add it to your daily affirmation list and say it, think it, visualize it and feel it until it becomes reality!