

SELF ESTEEM AND PEAK PERFORMANCE ~ Jack Canfield

I am a good person
I want only the best for myself and for others
I have an abundance of high self esteem
I am lovable and capable
I feel better and better about myself
I am enough
I am smart enough, experienced enough and talented enough to get whatever I want
Everything good in me increases and multiplies
I now take control of my life
I am free to do anything I want
I am free to be the person I always wanted to be
My life is fun
Every day and every way I become more and more successful
I am worthy and deserving of wealth and success
I am aware that my thoughts are creating my reality
I easily practice positive self talk
My conscious mind holds only one thought at a time
I now choose to have thoughts that support me at every level of my being
I say only positive things to myself
Every day in every way I increase my self esteem
I actively work to improve myself
I enjoy improving myself
I am constantly learning new and better ways to do things
I can do whatever I set my mind to
I always expect the best outcome
I take responsibility for every aspect of my life
Because I take responsibility other people are attracted to me
My life is a creation
I am creating it the way I want it
My life is my creation
Every day I become more of the person I want to be
I unconditionally love and accept myself just the way I am
I always do the best I can with what I know
I am at peace with myself
I have all that I need
My financial affairs are in order
I have a successful career
Money flows to me easily and effortlessly
I am receiving all of the money and resources that I need to live my ideal life
Large sums of money come to me quickly and easily
I deserve to be abundantly wealthy and successful
In my heart of hearts I know that I am a worthy person
I am worthy of having everything that I want
I deserve to have my dreams come true
I take good care of my body
I eat only those foods that are good for me
I have a slim, fit beautiful body
I am relaxed, calm and healthy
I accept my body as it is and I work to make it even healthier
My body functions perfectly
I get enough physical exercise

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I take time to relax every single day
I have a life style that generates high energy
My body is satisfying to me
I love and appreciate my body
I give my body only nutritious food
I take good care of my body
I feel freedom in being myself
I feel my feelings and I let them go
Pain is nature's way of telling me I am off course
I now let go of all pain
I spend my time in ways that fulfill me
My needs are as important as everyone else's needs
I ask for what I want
I am aware of what I need to be to get what I want
I am aware of what I need to be to go where I want to go
I surround myself with happy and successful people
I have what I need to get what I want
I move confidently through life
I am flexible and creative
I am now living in the center of my being
I exist as I am and I am enough
Abundance flows easily into my life
I am honest and unafraid
I need only be myself to get what I want
I find it natural to express myself more and more fully
My success is assured in all things
I am very sure of myself
I am open and receptive
All is well in my life
I easily accept compliments
The more receptive I am the more I receive
I am open to the truth and truth sets me free
When I am my true self I experience truth, peace, abundance and joy
My true self is my guide and my teacher
I am aligned with my highest good
I let go of all pretense
I let go of control
My life unfolds and I flow with it
I go with the flow
I easily enjoy whatever comes along
I now see every problem as an opportunity
Every problem is an opportunity for me to be creative
Every problem is an opportunity for me to grow and expand myself
I trust my intuition
I am becoming more aware day by day
My wisdom and my love are always increasing
I easily ask for what I want
I easily forgive myself and get on with my life - I release my past
I easily express my truth feelings in appropriate ways
I love myself just the way I am
I trust myself to communicate honestly

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I acknowledge and use all of my strengths
Other people like to be around me
I am enthusiastic and alive
I radiate aliveness and energy
I am free to do whatever I want
I choose only that which is for my highest good
I have many gifts and positive qualities
My self esteem and personal power grow stronger every day
I speak and act in ways that support my self esteem
I love and accept myself just the way I am
I use positive self talk to increase my self esteem
I only think of myself
I dwell only on the positive
I am a good person
I forgive myself for anything that I may have done that I still judge myself for
I release myself from all unrealistic demands
I am pleased with myself and my actions
I always do the best I can with the skills, knowledge and experience I have
When I know better I do better
I always do my best
I accept myself just the way I am
I am exactly who I need to be
I love my self unconditionally
I have everything I need
I am satisfied
Peace is within me
I feel calm and relaxed
I trust my own intelligence
I have integrity
I seek only that which is for my highest good
I seek quality first knowing that quantity will follow
I am terrific
I am creative
I am intelligent
My mind is clear
I seek to understand myself more and more deeply
I accept the truth about myself and my life
It is not what happens - it is how I respond to what happens that determines the quality of my life
I start wherever I need to begin - NOW
I easily get into action
I am empowered to take action and I do so - NOW
Clarity is power
The truth empowers me
I feel the truth, I see the truth, I hear the truth and I tell the truth
I am honest with myself
I take me as I am
I unconditionally accept myself
I only need to accept myself to be at peace
I am enough
I am at peace with myself
I accept myself as I am

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I know myself
I tell the truth with compassion
I am open and receptive
I live without judgments
I release all judgments of myself and others
When I am one with my true self - I accept others exactly as they are
I accept myself exactly as I am
I stop judging others – NOW
I release all present relationships based on fear
I choose to build a life of love and abundance
I feel secure in being myself
I easily attract love and money to myself
I now allow myself to love and support others
I now allow others to love and support me
People like me and care about me
I am vital and important to my friends and family
My being here makes a difference
I am wealthy
I am abundant
I am strong
I surround myself with loving, positive and empowering people
I say yes to my self discovery
I am responsible for my life
Everything around me is getting brighter
I am wise
I am enthusiastic
Life is good
I do what makes my heart sing
I enjoy everything I do
I love the task at hand
I take on challenges easily
I trust myself
I think and act for myself
I have an inner wisdom that provides perfect guidance
I start each new day with wonder and joy
I accept myself totally now
I am one with all around me
I am open and receptive
I am financially successful
I do all things with excellence and ease
I am a master of my financial affairs
I always add value wherever I am
I am paid for the value I add
I am living life fully
I consciously choose my actions and observe the results calmly
I always act in integrity
I do what makes my heart sing
I project a positive self image
I understand what needs to be done at all times
I listen to my inner guidance
I have a good time

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I am patient
I handle everything with ease and intelligence
I am easily inspired to action
When I choose to act fear disappears
I possess everything I need to create happiness now
I love myself
I love how I feel when I love myself
My intellect supports my intuition
I am aware of my life's purpose - I know why I am here
I always act in alignment with my mission
I release myself from the demands and expectations of others
I alone am responsible for my life
It is not what happens but how I respond to it that creates the quality of my life
It is to be it's up to me
I exercise my power of choice
I enjoy working on myself
I have specific and measurable goals and I review them often
I enjoy setting and achieving goals
I grow more and more powerful by setting and achieving bigger and bigger goals
I am committed to achieving my goals
I easily set and pursue clear, measurable goals
I take action on my goals every single day
My goals are balanced and bring balance to my life
I always do what makes me happy
I create affirmations for all of my goals
I say my affirmations every day
I visualize my goals every day
I visualize all of my goals as complete and achieved - NOW
I take action easily
I only do that which is for my highest and best good
I am always delighted with the results I produce
I am a peak performer
I do whatever it takes to achieve my goals
The universe rewards my actions
My fear disappears as I acknowledge my ability to cope with whatever life hands me
I am taking more risks and having fewer fears every day
I produce quality results with excellence and ease
I accomplish my goals easily
I am self disciplined and I do whatever I need to do to succeed
I spend my time constructively
I spend each moment doing the most productive thing that I can
All of my actions are for the highest good of myself and all others
I always act with integrity
I keep on keeping on until I reach my goals
I experience great satisfaction in completing things
I grow more and more confident as I achieve my daily goals
I love to set and achieve goals
I love to stretch myself by setting more and more challenging goals
I am willing to do what I need to do to succeed
I trust myself to do my best
I take necessary risks easily and joyfully

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I achieve things more and more easily
I give myself permission to make mistakes
I always learn from my mistakes
I use every challenge as an opportunity to grow
I am pleased with myself
I take the necessary risks to assure my success
I take only calculated risks
I constantly stretch myself into new comfort zones
I keep all of my agreements
I only make agreements that I intend to keep
I only make agreements that fulfill me
I say no to those things which take me off purpose
I easily say no whenever I need to
I expect to reach my goals and I recover quickly from temporary setbacks
I easily ask for whatever I want
I get the nurturing and support that I need to assure my success
I keep on getting better every day
I have a positive self image
I visualize and affirm all of my successes
My life is an exciting adventure
I continually produce more and more successes
I love to take action
I get things done
People can depend on me to get results because I take action
My actions flow from my vision
I expect only the best
I deserve the best
I enjoy the support of many people
I expect only positive outcomes
I know what I want and I see what I want and I get what I want
I learn from the outcome of my actions
I make corrections whenever necessary
I am open to feedback
I invite feedback from others
I only use the negative as feedback for correction
I easily change my behavior whenever it is warranted
I am persistent
I stick with things
My persistence is fueled by my enthusiasm
I am integrating everything I learn and know to be true
My life is a celebration of love and abundance
I grow happier and more peaceful every day
I reward myself for my successes
I acknowledge all those who assist me
I am grateful for all of the support I receive
I have many gifts and many talents
I am grateful for all that I have
I prosper others as well as myself
Every day in every way I get better and better
I see opportunity everywhere
I am aware of what goes on around me - especially those things which help me to achieve my goals
I enjoy my life, my work and my relationships

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My life is balanced

I balance my career and my relationships

I am doing everything I can to make my world a better place

I am creating a major impact in my work by paying attention to the little things

I am risking, reaching out and making a difference

I enthusiastically accept leadership positions

I help others and I help myself

My life is in balance

I enjoy all aspects of my life

My life is an enjoyable adventure

I choose to live an extraordinary life

I love myself and I respect myself

I am a lovable, capable and worthwhile person

Who I am makes a difference