

Power Affirmations

ePosters

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How This Collection is Organized

This collection of ePosters is organized to follow the same order as in my free e-book “Power Affirmations: Power Positive Conditioning for Your Subconscious Mind.” So, the chapter numbers follow the eBook.

The order of the affirmations also follows the MP3 recordings (with the exception of Chapter 13 “The Power of Romantic Love” which has not been recorded).

Why I Created These ePosters for You

The reason that I created the posters is that I have found it makes it easier when focusing on a single Power Affirmation to have it on its own page. Advertisers have proven to us that there is power in focusing on a single idea in print or as an image. Every time you see the poster, even if only for a fraction of a second, your mind is impressed with the idea. With each repeated impression, the idea is further conditioned into your mind. Combine this with repeating the affirmation with feeling, with writing the affirmation a few times, and with listening to Power Affirmation recordings, and you significantly strengthen the thought habit so that the idea automatically occurs to you when you need it. This is one additional “media” to help you act on these beliefs.

Some Suggestions on How to Use This Collection of Posters

- As mentioned above, these are meant to be used in addition to the other forms of communicating the Power Affirmations to you. It's best to combine them with actively repeating the affirmation with feeling, writing it down, and listening to recordings.
- Because each Power Affirmation is on its own page, you can either print out the entire packet (over 200!) or just print out only the ones you are studying at the moment. For the posters, I recommend that you only print out a couple at a time and post them in your home or at work where you can see them often.
- Because this is in PDF format, you can also view them on your computer in full screen. I really love this. Because they are so easy to read, it only takes a second or two per affirmation to absorb the message—especially because I've already been listening to recordings, etc. I can scan through a lot of affirmations in a very short period of time.
- I also combine listening to the Power Affirmations recordings while looking at the poster on my computer.

The Power Affirmation MP3 Recordings

If you want the Power Affirmations MP3s, you can order them at <http://www.poweraffirmations.com/MP3s/>. Of course, you can also write your own Power Affirmations and create your own posters and recordings. In fact, I encourage it. These tools are simply for your convenience so you can get a fast start. ***Speed wins!*** So take action now! Enjoy!

Power Affirmations from Chapter 6

The Power of Power Affirmations

(Disc 1 from the Power Affirmations MP3 program)

**My power affirmations
work—whether I believe
in them or not.**

**I create new
power affirmations for
myself everyday.**

**I repeat my
power affirmations
everyday with
emotional intensity,
certainty, and faith.**

**My power affirmations
allow me to
consistently tap into
the unlimited power of
my subconscious mind.**

**My power affirmations
are now creating
thought habits that will
guide me to my desired
objectives easily and
effortlessly.**

**The more I repeat my
power affirmations with
a feeling of certainty,
the more accessible
these power beliefs are
to me when I need them.**

**I feed my subconscious
mind thoughts of faith
by repeating my power
affirmations every day
with physical energy
and emotion.**

**My thoughts are creative.
My power affirmations
are now creating the
reality I desire.**

**My power affirmations
positively influence my
subconscious mind
while I sleep.**

**My imagination now
creates whatever I
believe and conceive.**

**I now have all the
resources I need to
achieve my goals easily
and effortlessly.**

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

**I set definite goals and
create new power
affirmations to achieve
them quickly and easily.**

**Today I am using 100% of
my mind's capacity.**

**I now have easy access to
the information in my
subconscious mind.**

**All subconscious
information is being
revealed to me now.**

**What I imagine I can do I
can do.**

**I receive wisdom and
knowledge from God
every moment of my life.**

**I am now making amazing
progress towards all of
my goals.**

**My subconscious mind is
now revealing
everything I need to
know to create and fulfill
my mission and purpose
in life.**

**I am consciously aware of
my beliefs. I only hold
onto beliefs that support
me.**

**I now see and feel my
goals as already
accomplished.**

**Using my power
affirmations, I expand
the powers of my
subconscious mind
everyday.**

**Whatever I conceive and
believe I can achieve.**

**I create my own luck
everyday.**



**I achieve my goals with
joy and laughter.**

**I visualize what I want to
be and act as if I am
already what I visualize.**

**Through consistently
repeating my power
affirmations, I can now
create any reality that I
desire.**

**My power affirmations
are now creating
habitual thought
patterns of success,
positive thinking, and
positive living.**

**My power affirmations
are now giving me
massive momentum
towards the specific
results I desire.**

**I am guided and excited.
All I need is within me
now.**

Power Affirmations from Chapter 8

Creating a Power Self-Image: Creating Confidence and Certainty on Demand

(Disc 2 from the Power Affirmations MP3 program)

**I am now filled with
faith, certainty, and
confidence. I now feel
these emotions in my
body.**

**I am now confident and
assertive.**

**I now walk and move
with assurance, poise,
and personal power.**

**I am now a powerful
and charismatic
personality.**

**I am growing more and
more attractive
everyday.**

**My confidence and
competence are
exploding massively
everyday.**

**I am now friendly,
outgoing, and confident.**

**I am now bold and
courageous. I now seize
my opportunities
immediately.**

**I now have the ability to
change anything in my
life that I choose to
change. I take complete
responsibility for my
life.**

**When I speak to others, I
look them straight in the
eye and speak with
confidence knowing that
I am equal to every
person I meet regardless
of their social status or
accomplishments.**

**I can now create a state
of total certainty and
confidence at a
moment's notice
anytime I need it.**

**I now move my body
with poise and
confidence.**

**Every time I close my
eyes and breathe
deeply, my confidence
expands and fills my
whole being.**

**I now see myself as
exactly the person I
want to be: confident,
self-assured, healthy,
and prosperous.**

**I now hold myself and
other people in high
esteem.**

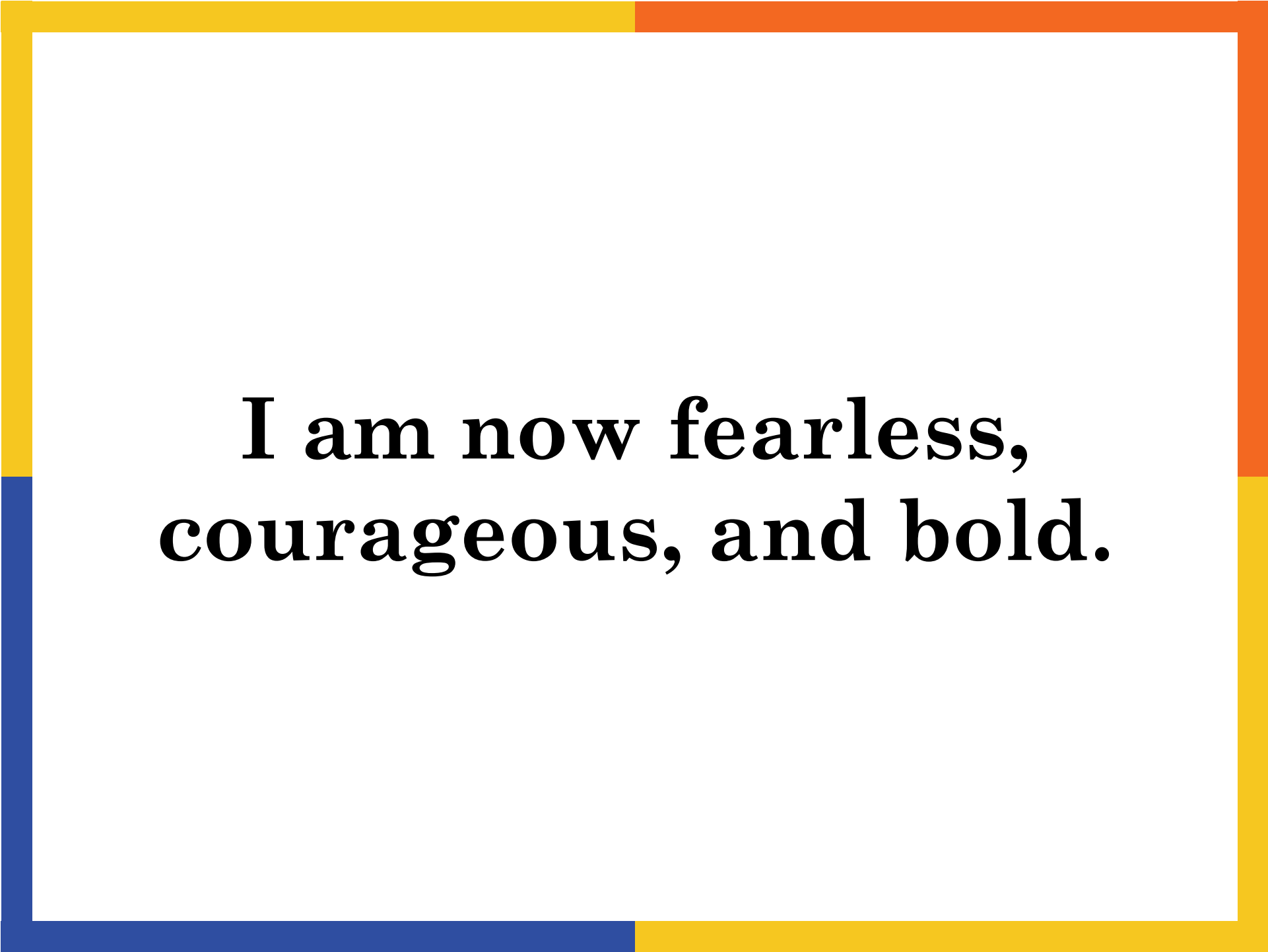
**Everyday in every way I
am growing more and
more confident.**

**My confident energy,
enthusiasm, and
passion are increasing
massively everyday.**

**Because I am committed
to constant and never-
ending improvement,
my performance is
improving everyday.**



**What I imagine I can do,
I can do.**



**I am now fearless,
courageous, and bold.**

**I receive wisdom and
knowledge from my
subconscious mind
every moment of my
life.**

**I apply my faith with
consistent acts of
courage.**

**The expression on my
face now communicates
certainty and
confidence.**

**I am now a highly
charismatic and
powerful person.**

**I now inspire and
expand my imagination
with enthusiasm.**

**I now relive the most
joyous moments of my
life. And these moments
inspire me to greater
confidence and a
greater feeling of self-
worth.**

**I immerse myself in a
powerful environment
on a regular basis.**

**I act as if I already have
all the confidence I
need and desire.**

**I speak to myself and
others with confidence,
certainty, and
conviction.**

**I now take complete and
total control of my
internal images, dialog,
and feelings.**

**My subconscious mind
now communicates
confidence, certainty,
and power to the
subconscious minds of
others.**

**My thoughts, presence,
charm, and charisma
now inspire others to
greater self-confidence
and personal power.**

**I now radiate
confidence and
certainty in the
presence of other
people.**

**When I speak, the tone
of my voice
communicates strength,
courage, and
confidence.**

**I am now confident,
assertive, and decisive
in every situation.**

**I now create
outstanding confidence
by repeatedly
rehearsing in my mind
and imagining the
results I want in
advance.**

**I am now an
outstanding leader who
leads with confidence.**

**I increase my self-
confidence by
increasing my skills and
abilities everyday.**

**As I rehearse the results
I want in my thoughts
before they happen, my
skill and confidence
expand massively.**

**Other people find me to
be a fascinating and
interesting person.**

**I consciously choose the
emotional state that I
am in at all times.**

I am now raising my standards in all the major areas of my life and am holding myself to those standards at all times.

**I now control the
pictures, sounds, and
feelings that I create in
my mind.**

**I am now comfortable
with a high level of
uncertainty in my life
knowing that without
great risks there are no
great rewards.**

I now face challenging situations of great uncertainty with a feeling of absolute certainty and confidence that I can transform any challenge or set back to my advantage.

**I am now positively
adventurous and
outrageous.**

**I now put myself into
new positively
challenging situations
everyday.**

**I now set new and
higher standards for
myself and I step up to
every challenge in a
state of absolute
certainty and
unstoppable confidence.**

Power Affirmations from Chapter 10

Achieving Your Goals: Using Power Affirmations to Consistently Manifest the Results You Desire

(Disc 3 from the Power Affirmations MP3 program)

**I now put my body into
a peak state of absolute
certainty knowing that I
can create any positive
result that I am
committed to.**

**I am now living a life of
design rather than a life
of reaction.**

**I am now absolutely
clear about the specific
results I want in every
area of my life.**

**I now step up with total
power and passion to
take whatever positive
action is necessary to
achieve my desired
results.**

**I now make my future
my present. My future
is now.**

**I now celebrate the
achievement of my goals
before they occur in the
physical world.**

**Whenever I set a
definite goal, I take
immediate action
towards its attainment
to create and sustain
massive momentum.**

**I am now spending my
time, energy, and
emotion on the goals that
are most important to me
rather than responding
to the demands of other
people. I am in control.**

**Urgency is not my friend.
Through results-focused
planning and delegating
to others, I minimize the
amount of time I spend
addressing the urgent
demands of other people.**

**I now do only what I do
best and get other
people to do the rest.**

**I now delegate tasks
that do not require my
direct attention and
focus to other people.**

**My subconscious mind
now provides me with
the specific massive
action plans I need to
attain my desired
results.**

**My subconscious mind
is now consistently
presenting me with
updated plans to
achieve my goals even
when I am playing,
eating, or sleeping.**

**I now carefully measure
and manage my
progress towards my
desired results
everyday.**

I am now highly flexible. I carefully monitor the results that I am getting and quickly adjust my actions until I receive the specific results I desire.

**I accelerate my progress
towards my desired
results by studying
other people who have
been outstanding in
that area.**

**I increase my hunger
and desire to achieve
my goals everyday.**

**Using tapes, books, music,
and anything else around
me that is easily
accessible, I now create a
controlled environment
that keeps my mind
focused on my primary
outcomes everyday.**

**I do not adapt to my
environment. I persist
in making my
environment adapt to
me.**

**All of my internal
images, dialog and
feelings are now pulling
me towards the results I
desire. I am totally
committed and
congruent.**

**I am now focused on the
results I want, driven by
a passionate purpose,
and charted with
massive action plans.**

**I now see things exactly
the way they are,
exactly the way I want
them, and now take
massive action to close
that gap.**

**I now prepare a results
oriented daily plan
every evening for the
following day.**

**I feed my momentum
monster everyday by
consistently taking
results-focused action.**

**When I reach a definite
decision, I commit and
resolve to the
achievement of the end
result I desire.**

**I now create magic
moments for myself, my
family and friends.**

**I now celebrate my
achievements in
advance.**

Power Affirmations from Chapter 11

Creating Physical Power, Health, and Vitality

(Disc 4 from the Power Affirmations MP3 program)

**My health, energy, and
vitality are increasing
everyday.**

**I am a lean, mean, fat
burning, muscle
building machine.**

**I am growing more and
more attractive
everyday.**

**Divine life now flows
through every cell in my
body.**

**I now eat all the right
foods for optimum
health, energy, and
peak performance.**

**My body is healing and
regenerating itself
everyday.**

**With every deep breath
I take, my body is
burning fat and
creating massive
energy, health, and
vitality.**

**My body burns fat
regardless of what I eat.**

**I now see myself filled
with health, energy, and
enthusiasm.**

**I now have all the
energy I need.**

**I create good health
habits quickly and
easily.**

**My body now eliminates
all toxins quickly,
easily, and healthfully.**

**I am now relaxed and
filled with peace of
mind. In my relaxed
state, my body repairs
and heals itself quickly.**

**All of the cells in my
body exist in harmony
and peace with every
other cell in my body.**

**I get a full night's rest
everyday.**

**When I sleep, my mind
is at peace and the
healing powers within
my body are magnified.**

**The creative
intelligence which made
my body is now
transforming every cell
according to nature's
perfect pattern.**

**My healing thoughts are
now going deep into my
subconscious mind and
bringing total and
continuous healing to
my body.**

**I now enjoy a large
variety of water rich
foods that fully cleanse
and nourish every cell
in my body.**

**I drink an abundance of
pure water everyday.**

**I sleep in peace and I
wake in joy. Through
peaceful sleep, my body
and mind are renewed
and restored to perfect
health.**

Power Affirmations from Chapter 12

Creating Power Relationships

(Disc 5 from the Power Affirmations MP3 program)

**I now make good
friends quickly and
easily.**

**Good people are
attracted to me every
day. They want to meet
me.**

**I now put other people
at ease quickly and
easily.**

**I now hold myself and
other people in high
esteem.**

**I now surround myself
with positive, proactive
people.**

**I always create
harmony with others
through cooperative
effort.**

**I will succeed by
attracting to myself the
cooperation of other
people.**

**I will encourage others
to help me because of
my willingness to help
other people.**

**I will cause other people
to believe in me because
I believe in them and in
myself.**

**I actively listen to what
others say without
interrupting them.**

**I create synergistic,
positive relationships
that are fair, honest,
and healthy.**

**All my facial
expressions are now
pleasant and pleasing to
myself and other
people.**

**When I greet people, I
greet them with
gladness in my being.**

**I now have a magnetic,
warm handshake.**

**When people first meet
me, they like me
instantly.**

**My subconscious mind
properly prepares the
subconscious mind of
every person I meet
before I meet them.**

**I now accomplish my
goals with the benefits
to others in mind.**

**I listen to others
carefully before
responding.**

**I now develop
cooperative alliances
with others towards
definite, specific
objectives quickly and
easily.**

**I now have a keen
understanding of myself
and of other people.**

**I treat every person I
meet with respect,
mercy, tolerance, and
understanding.**

**I now look for the good
in every person I meet
and I find it.**



**I inspire and empower
others to greatness.**

**I now have favor in the
eyes of every person I
meet.**

**I now have a highly
pleasing personality.**

**All of my contacts with
other people are smooth
and pleasant.**

I express my honest and sincere appreciation and praise for others easily and often.

**I arouse a feeling of
enthusiasm for good
things in other people.**

**When speaking with
others, I attempt to look
at things through their
point of view as well as
my own.**

**I am now genuinely
interested in other
people.**

**I wear a sincere,
heartwarming smile
everywhere I go. My
genuine smile comes
from deep within my
innermost being.**

**I remember the names
of other people easily
and effortlessly.**

**I encourage other
people to talk about
themselves and I listen
intently.**

**When I speak to others,
I focus on their
interests not mine.**

**When I need someone to
do something, I make
them feel happy to do it
by pointing out the
benefits to them.**

**I sincerely recognize
the value in every
person I meet and make
a genuine effort to make
them feel important.**

Power Affirmations from Chapter 13

The Power of Romantic Love

(These are not part of the Power Affirmations MP3 program)

**I am always faithful to
my spouse in my
thoughts and in my
actions.**

**I am now in total
spiritual and physical
harmony with the love
of my life.**

**I now create feelings of
spiritual connection
toward my lover.**

**I now create a romantic,
loving environment for
myself and my lover on
a regular basis.**

**I am now consumed
with love and affection
towards my spouse.**

**I am now a tender and
loving lover.**

**I now create romantic
magic and loving
moments for my lover
everyday.**

**I softly and sensually
touch my lover easily
and often.**

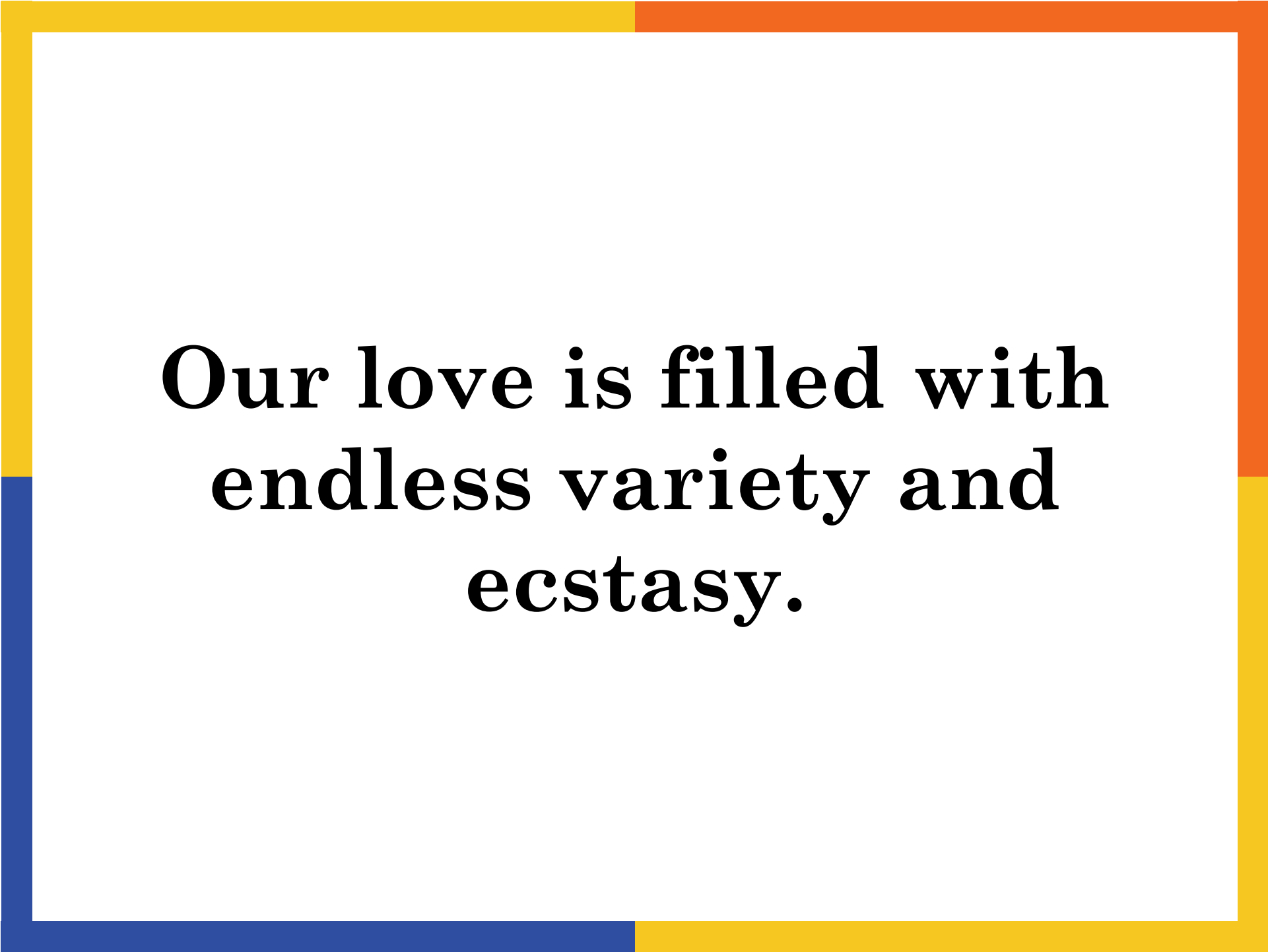
**I create feelings of love
and passion towards the
love of my life everyday.**

**I now create these
feelings in my body.**

**My subconscious mind
now doubles my
physical pleasure every
time I am touched by
my lover.**

**My touch now transfers
love, tenderness, and
spiritual energy to my
lover.**

**I am now loving my
spouse the way they
want to be loved. I am
focused on their need
for love.**



**Our love is filled with
endless variety and
ecstasy.**

**When I love my spouse,
I give myself over to
feelings of love and
passion easily and
completely.**

**All my internal images
of my lover are big,
bright, beautiful, and
loving.**

**I am now gentle and
sensitive to the needs of
my lover.**

**When I love my spouse,
I am totally relaxed and
comfortable.**

**I am now clean, slim,
and sexy. I take care of
my body so that I will be
most pleasing to the
love of my life.**

**My spouse now finds me
incredibly attractive
and pleasing.**

**I think of little things to
please the love of my
life every day.**

**All of my conversations
with my spouse are now
filled with peace, love,
and harmony.**

**I am now a fun and
playful lover. Our love
life is filled with
excitement and variety.**

**Every cell in my being is
sensitive to my lover's
touch.**

**I am always kind,
loving, compassionate,
and forgiving to the
love of my life.**

**I am now open and
honest with my spouse
everyday.**

**I intensify my emotional
feelings towards my
lover everyday. I now
feel these feelings in the
core of my being.**

**I now know what
pleases my lover and I
do it with love and with
skill.**

**I now touch my lover in
exactly the way they
want to be touched.**

**I am insatiably curious
about new ways to love
my spouse.**

**My spouse and I now
create secret, romantic
interludes on a regular
basis to add variety to
our love life.**

**I day dream about my
lover throughout the
day, every day.**

**I am now filled with
energy and excitement.**

**I now fulfill all the
needs of the love of my
life.**

**I treat my lover as if
they are the most
important person in the
world to me.**

**I now treat my lover
the way I want them to
treat me.**

**I now pamper my lover
with all the good
feelings and things in
life. Our life together is
magical.**

**I find new ways to
regularly create
romantic surprises for
my lover.**

Affirmation from Chapter 14

Creating Wealth and Financial Abundance

(Disc 6 from the Power Affirmations MP3 program)



I am now wealthy.

I deserve to be wealthy.

**I am now a financial
genius.**

**I am now highly
pleasing to myself in the
presence of other
people.**

**I now save, spend, and
invest my money wisely.**

**My wealth is increasing
massively everyday.**

**My money is now
creating more money.**

**My outstanding ideas,
energy, and passion are
now creating new
wealth for me and
others around me.**

**I now give away
massive amounts of
wealth to causes that I
believe in.**

**All the investments I
own are profitable.**

**Every dollar I spend
returns to me massively
multiplied.**

**I manage my money
effectively with
precision.**

**I now have all the
money that I want and
need.**

**I now give away large
amounts of wealth
wisely and intelligently.**

**Every thought I have is
now being transformed
into massive financial
abundance for me.**

**I am now creating all of
the wealth that I want
and need.**

**My imagination is now
creating all the
financial abundance
that I desire.**

**The more of my wealth
that I give away wisely,
the more my personal
wealth explodes
massively.**

**I now seize my
opportunities boldly
and courageously by
decisively applying my
faith through my
actions.**

**My imagination now
creates all the wealth I
desire.**

**Through my power of
intention, I effortlessly
attract all the wealth I
need and desire.**

**I habitually give more
than I get. I cheerfully
go the extra mile in
every task I undertake.**

**I am now accumulating
vast amounts of wealth
consistent with my
integrity and honesty.**

I respectfully accept the gifts of others with the knowledge that these gifts were intended to gratify the giver more than the receiver.

**I am now receptive to
unexpected gifts of
wealth.**

**I am a gracious giver
and receiver.**

When I think wealthy thoughts, I become more wealthy in all aspects of my life.

**My wealth is now
multiplying and
creating more wealth
easily and effortlessly.**

**My financial abundance
is now exploding
massively 24 hours a
day even when I am
playing, eating, and
sleeping.**

**I am now surrounded by
an ocean of wealth and I
draw from this ocean all
I need.**

My job is my personal pipeline from which I tap the infinite wealth from my world economy for my personal desires.

**I am now earning
massive amounts of
wealth doing what I
love to do while
rendering useful service
to other people.**

**Through the power of
my subconscious mind, I
effortlessly attract all
the wealth I need and
desire.**

I am a money magnet.

**Money is forever
circulating in my life
and there is always a
surplus.**

I have a responsibility to accumulate vast sums of wealth through useful service to others and to give it back to society through gifts that benefit the entire community.