

# **The 31-Life Positive Declarations**

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# ***The 31 Positive Life Declarations***

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## **The 31 Positive Life Declarations**

The 31 Positive life Declarations describe an attitude that refuses to quit, actions that relentlessly build, and beliefs that constantly affirm, putting all of life in to proper perspective.

Everyone knows habits are not easily broken and every great breakthrough in life requires some hard work. Are you willing to commit yourself to a program of a Positive Life? You can re-program yourself for success by spending ten minutes a day working on your greatest asset – your mind.

For years, leaders in the field of human potential development have espoused the use of affirming thoughts. Affirmations are things you say to yourself about yourself. They help you change your mind and perspective on life.

## **One for Every Day of the Month**

***Step 1:*** They are 31, one for each day of the month. If today is the 4th of the month then read Declaration #4.

***Step 2:*** Read it silently a few times, putting feeling and conviction into it.

***Step 3:*** Then, read it aloud ten times, and ten times throughout the day.

***Step 4:*** Repeat these steps for the next few months. Every day, you should have the corresponding

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## Declaration #1

***I Matter.***

*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.*

## Declaration #2

***I can because I think I can.***

*I can because I think I can.*

*I am programmed for success. I believe I am a winner!*

*I can do anything. My belief system is limitless.*

*I can! I can! I can!*

## Declaration #3

***I am powerful.***

*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.*

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### Declaration #4

***My favorite word is “Possible.”***

*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.*

### Declaration #5

***Today marks a new beginning.***

*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.*

### Declaration #6

***My enthusiasm is overflowing.***

*My enthusiasm is overflowing. I’m an “up” person. My attitude is contagious, and others look to me to raise morale. I am dynamic.*

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### Declaration #7

***I am a positive self-talker.***

*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.*

### Declaration #8

***I am happy.***

*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.*

### Declaration #9

***I persist.***

*I persist.*

*I keep on keeping on. I persist until I succeed. I am programmed for*

*success. No matter what,*

*I will never stop trying. I win.*

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### Declaration #10

***My mind is positive today.***

*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 put great positive living concepts into my mind. I deserve this information.*

### Declaration #11

***Nobody's perfect.***

*Nobody's 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.*

### Declaration #12

***I am a person of passion.***

*I am a person of passion and commitment.*

*I succeed because I am dedicated to achievement. I reject mediocrity and am willing to stick with things until I prosper because I am so passionate about myself and my potential.*

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### Declaration #13

#### ***I live out the Diamond Principle.***

*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.*

### Declaration #14

#### ***I think BIG!***

*I think big!*

*My imagination is limitless. I will accomplish more in this life than I ever previously dreamed possible. I am a "no-limits" person. I stretch myself all the time.*

### Declaration #15

#### ***I am a people magnet.***

*I am a people magnet.*

*I attract fabulous, wealth-building individuals to myself. I learn from everyone and everyone learns from me.*

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### Declaration #16

***I am a magnet to money.***

*I am a magnet to money.*

*I will achieve my success through providing service to others.*

*Everything healthy that I desire is on its way toward me right now.*

*Everything I touch turns to gold.*

### Declaration #17

***All storms pass.***

*All storms pass.*

*Indeed, every problem has a limited duration.*

*Hassles do end. Problems are not permanent. The cold of winter inevitably brings with it the thaw of spring and the warmth of summer. I will survive the storms of life. I am strong! I'll outlast*

*the challenges life brings to me.*

### Declaration #18

***I am making it!***

*I am making it!*

*I am convinced I am a prime performer right now. I am a Success and Able Thinker.*

*Success is not a destination; it's a journey.*

*Therefore, I'll persist no matter what.*

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### Declaration #19

#### ***I am in control of my feelings.***

*I am in control of my feelings.*

*I confront negative feelings. I easily remove such undesirable emotions as self-pity, anger, fear, depression and hatred. I am strong, balanced and controlled. I am in charge of my emotions.*

*They don't control me.*

### Declaration #20

#### ***Today may be my last.***

*Today may be my last. Therefore, I will live it so.*

*I know what's really important to me in life. I value relationships.*

*I put income, possessions, career, and even success in proper perspective. I live my life for what is important, not for what is urgent.*

### Declaration #21

#### ***If it's going to be, it's up to me!***

*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, but I never abdicate my leadership role in seeing my dreams come true.*

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### Declaration #22

***I focus on success.***

*I focus on success.*

*There really isn't such a thing as failure. My belief is I learn and grow with every event in 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.*

### Declaration #23

***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 much in life and will now pass some of it back to others.*

### Declaration #24

***There are no problems.***

*There are no problems, only a shortage of ideas.*

*I refuse to look at obstacles as problems. I am solution-oriented not problem-oriented. I am a creative person, therefore ingenious concepts come to me to remove all success blockers.*

*For me, the issue is ideas, not problems.*

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### Declaration #25

#### ***I invest in myself.***

*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.*

### Declaration #26

#### ***I'm a worthwhile person.***

*I'm a worthwhile person.*

*I have a strong sense of worth 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.*

### Declaration #27

#### ***I'll treat myself.***

*I'll treat myself to something special today.*

*I value myself enough to do nice things for myself. Self-denial is great when used for the sake of others, but never as a reflection of my worth. Therefore, I will do something pleasurable just for me.*

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### Declaration #28

***I choose Yes! Yes! living.***

*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 to see the bright side of life today. I choose to accentuate the positive. This optimism makes me attractive to those around me. Everyone around me may be shouting No! No!, but I always embrace Yes! Yes!*

### Declaration #29

***I don't mind paying the price.***

*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 true. I accept the principle of delayed gratification. I don't need 'instant' anything. I can handle paying now and enjoying later.*

### Declaration #30

***I count my blessings every day.***

*I count my blessings every day.*

*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.*

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### Declaration #31

***I don't sweat the small stuff.***

*I don't sweat the small stuff and its all small stuff.*

*I have an amazing resilience. I see life, problems, and challenges for what they are. I am not easily toppled. I can handle life.*

*I am a person of great courage and confidence.*