

## Affirm Your Greatness – By Derek Mair

What you consistently speak with emotional intensity, you will experience, you will create, and you will become. The words that you speak with emotional conviction, especially those of your inner voice become the life you live – empowered or disempowered.

In order to live our lives at a higher level of consciousness, we must realise that the same pattern of thinking that has got us to where we are today will not get us to where we want to tomorrow.

Our strategy should never be to ignore the problems of life, but to put ourselves in better mental emotional state to creatively move past them, through them or solve them.

### Instructions

**Change your physiology....** Perform a power pose, whatever you feel like and as you do it pull your belly button to your spine breathing deeply... At the same time think of a time when you felt invincible... that should pretty much change your state.

Then I want you to **change your psychology** by adapting the affirmations below. These are very personal to me, which I use consistently in different circumstances and share willingly, so that you can make them your own and meaningful for you. Say them out loud or scream them in your head, do it in your power pose or at least as you say them keep a firm hold of the feeling that empowered you when you felt invincible:

*“Fear is only a feeling; it cannot hold me back. I know that I can master any situation. Today I am even willing to fail in order to succeed because know I will receive the gift of learning from it. I believe that I have the strength to make my dreams come true no matter what and I’m going to relax and have fun with this, whatever the outcome may be. I’m proud of myself for even daring to try; most people won’t even do that!”*

*“Today I put my full trust in my inner guidance. I know I’ll grow in strength with every forward step, I accept my hesitations and shortcomings as part of me and make room for victory because I believe in myself, and that there’s nothing I cannot do.”*

*“I am filled with light, love and peace and I treat myself with kindness and respect. I don’t have to be perfect; I just have to be me and I give myself permission to shine. I’m proud of all I have accomplished and grateful for everything and everyone in my life.”*

*“Today, tomorrow and every day I follow my heart and discover my destiny, I am meant to do great things and I know I am limited only by my vision of what I think is possible. My purpose is to develop and share the best parts of myself with*

*others and I choose to present my love, passion, talent and joy as a gift to the world. I don't need to know the entire journey, I just need to trust in my inner greatness and take one small step at a time toward a fulfilling life starting here, right now! ....Knowing that my life purpose can be whatever I decide to make it."*

*"Today I give myself permission to accept that I am perfectly imperfect in every way; I give myself permission to lead not follow; to believe, not doubt; to create, not destroy; to love, not hate; I will step up, step over or step around, because I am a force for good and a force for god who lives in me and shines through me. I am just me and so grateful for me, nothing can stop me."*

*"God's wealth circulates in my life; God's wealth flows to me in AVALANCHES of abundance; all my needs, desires, and goals are met INSTANTANEOUSLY by infinite intelligence; and I give thanks for ALL of my good now and for ALL of God's riches, for I am ONE with GOD, and GOD is Everything!"*

*"Thank you, Thank you, Thank you dear God for all the qualities, traits and talents that make me so unique. Today I give myself permission to be greater than my fears and I love myself no matter what.... I command my I am presence to give me the strength, the direction, the conviction, the tenacity and the passion to help these people today to get out of their own way, so that they can improve their own lives..."*

*"I ask the universal intelligence of which I am part to send to me people, events and circumstances today that will allow me to fulfil my purpose so that I may be fulfilled in my life... I command my I am presence to direct me with a determined attitude to overcome any resistance or doubt I am have, so that I disrupt those people enough they will start to question their own limiting beliefs, and take action toward a more fulfilled life."*

*"Dear Lord thank you for my freedom to choose my life my way, for all the greatness in my life, and in this magical world that is free... for my body, my health, my consciousness, my wife, my son, my family, my friends, my business partners, my clients, for all the people I get to help, and mostly for my ability to love and to allow love, I am so abundantly grateful for the freedom to appreciate and embrace these gifts I am."*

**Choose to Climb...** [youcan@choosetoclimb.com](mailto:youcan@choosetoclimb.com) [www.choosetoclimb.com](http://www.choosetoclimb.com)

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