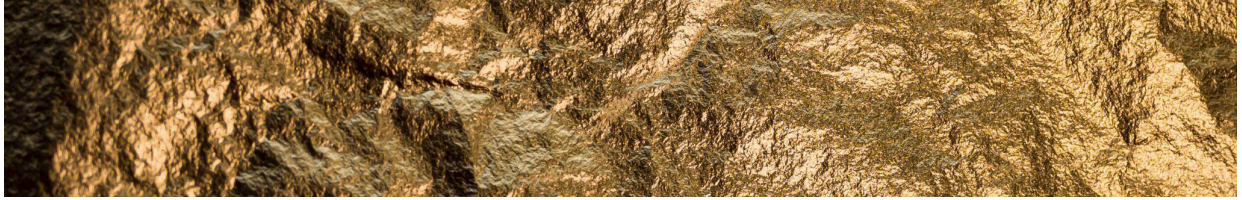


MASTERY

Subliminal



*“Do not envy those who seem to be naturally gifted;
it is often a curse, as such types rarely learn the value
of diligence and focus, and they pay for this later in life.
You must value learning above everything else.”
- Robert Greene.*

PREPPING:

You Allow Yourself To Open Up To The Affirmations
You Manifest Your Desired Results Right Now
You Have The Utmost Love, Trust, And Belief In Yourself And The Affirmations
You Manifest Results As You Blink, Breathe, And Drink Water
You Just Notice The Results Immediately
All Your Results Are Completely Permanent
You Get Results Within One Time Listen And The More You Listen The Stronger Your Results
Became
You Get Fast Subliminal Results
You Get Permanent Results
You Get Desired Results After One Listen

STAGE 1:

**AFFIRMATIONS INSPIRED BY THE BOOK:
MASTERY BY ROBERT GREENE** 

IN FINDING MY LIFE'S TASK, I USE THE PRIMAL INCLINATION STRATEGY NOW.

I find a sign of inclination in my earliest year. I find what I am good at, what I desire to repeat; an activity that I am never tired of and use as leverage.

IN FINDING MY LIFE'S TASK, I OCCUPY THE PERFECT NICHE—THE DARWINIAN STRATEGY NOW.

I observe each and every individual thing that I am interested in and apply it to my pursuing field.

IN FINDING MY LIFE'S TASK, I FOLLOW MY TRUEST PATH NOW.

My source of motivation comes from my deeper sense of purpose. The money, fame, and positive attention I get are just a natural by-product of my dedication and efforts toward my craft and purpose.

I EMBRACE THE ADAPTATION STRATEGY NOW.

I keep the following points in mind as I think about my career;
I am not tied to a particular position.
My loyalty is not to a career or a company.
I am committed to my Life's Task, to giving it full expression.
I am committed to my Life's Purpose, to giving it full expression.
It is up to me to find it and guide it correctly.
It is not up to others to protect or help me.
I am independent-minded.

NO MATTER WHAT HAPPENS, I EASILY FIND MY WAY BACK ON THE PATH I AM DESTINED FOR AND HAVE CHOSEN TO MASTER / EXCEL IN.

When I find my purpose, I am aware that staying on the path that I am destined to follow is the best thing to do.

I recognized that the road to mastery requires patience which is what I am willing to exercise now. I am aware that the way back to my life's task requires some form of sacrifice which is what I am willing to do. I choose to keep my focus on years down the road when I will reap the rewards of my efforts.

If the process of getting there is full of challenges and pleasures and I fully and wholeheartedly embrace them. During this process, I ignore my weakness and resist the temptation to be more like others. I direct myself towards a small thing I am good at and concentrate on becoming proficient at my skill. This brings me confidence and becomes a base for which I can expand to pursue. Proceeding in this way step-by-step, I hit upon my life task.

I am the ideal apprentice with a passion for the mastery of myself.

I explore the world with an open mind

I submit myself to this world as an apprenticeship.

I EMBRACE THE APPRENTICESHIP PHASE:

I embrace deep observation fully now (The Passive Mode)

I embrace skills acquisition fully now (The Practice Mode)

I embrace experimentation fully now (The Active Mode)

DURING DEEP OBSERVATION, I OBSERVE ITS REALITY AND HOW IT WORKS AS DEEPLY AS POSSIBLE.

I easily focus on my craft.

I only prove myself to myself!

I only compare myself to my yesterdays.

I naturally attract followers and customers by focusing on my craft and excelling at them. My results attract loyal audiences, positive attention, and an overflowing amount of customers that continue to grow positively and rapidly.

I make sure to live in the background as much as possible and observe from there each and every activity of this world.

If I am impressing people as a beginner it means I am only showing my seriousness.

To become a master of this world I must first know my environment inside and out. It helps me to navigate to the top position.

SKILLS ACQUISITION (THE PRACTICE MODE)

In the first stage of skill acquisition, when I am learning a new skill, I start with only one skill at a time. With focused attention, I efficiently learn one skill at a time because learning one skill will develop my power of concentration!

Instead of getting distracted when I feel boredom, I embrace this pain and try to concentrate more because this will increase the toughness of my mind.

I am so focused and this is how I reach mastery. I rather dedicate three or four hours of INTENSE focus instead of eight hours with distraction and focus.

EXPERIMENTATION (THE ACTIVE MODE)

Experimentation fills the gap in my knowledge.

When I have gained skill and confidence in my knowledge, I move towards a more active mode by experimentation. This is a real-world practical approach.

In this mode, any criticism will help me to understand a deep level of this world.

I take any feedback constructively and in a way that can improve me positively forward. I am mentally and emotionally strong and wise. I am highly adaptable. I love transforming myself into a better version of myself.

I will know when my apprenticeship is over when I feel that I have nothing left to learn in a particular environment. When that happens, it is time to move to the next place and continue my apprenticeship. The future of science does not depend on only one

field. So I cross-fertilize my knowledge in other fields after gaining a deep knowledge of my chosen field. I am aware that to many anything worthwhile in this world, I have first developed and transformed myself.

I EMBRACE THE STRATEGIES FOR COMPLETING THE IDEAL APPRENTICESHIP.

I value learning over money.

I keep expanding my horizons.

I revert to a feeling of positive inferiority.

I trust the process.

I move toward resistance and pain.

I apprentice myself in failure.

I naturally combine the “how” and the “what”.

I advance through trial and error.

I am aware that there are no shortcuts or ways to bypass the Apprenticeship Phase.

My frequent and long exposure to a field will allow for complex skills to become deeply embedded in my mind. This frees my mind up for real creative activities!

I ABSORB THE MASTER’S POWER (THE MENTOR DYNAMIC)

I am aware that my time for learning and creating things can be confined so I intend to learn and master my skills as best as I can with the time that I have.

With guidance, I persistently and purposefully use my valuable years to gain knowledge and practice from the examples set by the perfect Masters throughout the ages. I have the ability to find the ideal and proper mentors that are suitable for my vision and desired skills.

I EMBRACE THE STRATEGIES FOR DEEPENING THE MENTOR DYNAMIC:

I keep in mind, my inclinations and Life’s mission, the future position I envision for myself. The mentor I attract is strategically aligned with this. I easily find my ideal mentor according to my needs and inclinations.

As I learn, I embody toughness and a constant connection to reality.

It is easy and highly natural to challenge myself on my own and get a clear sense of what I can improve on.

I can easily transfigure my mentor’s ideas.

To learn from mentors, I am open and completely receptive to their ideas.

I ideally and appropriately; allow myself to be under their spell in order to learn and absorb their knowledge. As I learn, I am still being able to keep my internal space with excellence.

Even as I listen and incorporate the ideas of my mentors, I slowly and smartly cultivate some distance from them.

MORE AFFIRMATIONS INSPIRED BY ROBERT GREENE:

In dealing with any problem, I train myself to look at how it inevitably connects to a larger picture.

Superiority is not a function of natural talent or privilege but rather of time and experience.

When I am practicing my craft I do not complain or try to justify myself. I am patiently focused on learning the best I can. I am focused and I am able to abundantly learn and understand the task.

Mastery stems from our brains so I positively keep my desired vision in mind as my body helps me bring about excellence.

I feel a profound connection and love with the field or subject I choose to master.

I can easily detach myself emotionally and physically from other people's dramas and battles at all costs!

I don't believe that everything must be pleasurable in life.

I need not feel a certain way to properly finish and complete my tasks and practices.

I do what I intend to do with self-discipline and integrity- in the best way that I can.

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I am fine with sacrificing my time and energy for a cause.

I overcome weakness through sheer persistence.

I think of myself as an explorer. I easily and courageously leave the shore of my comfort zone!

I value learning more than everything else.

I am aware that power and intelligence must be continually renewed to keep them strong and alive. I keep going.

I accept that done is better than perfect and I can always improve as I go along.

STAGE 2:

 ***AFFIRMATIONS FOR CAREER; APPRENTICESHIP AND INTERNSHIP:***

GENERAL AFFIRMATIONS

I am capable of doing what is asked of me

I am loved

I am useful and necessary

I am grateful for the job I do have

I am grateful for all the wonderful successes and experiences that are coming.

I am consistent with completing tasks on time

I am surrounded by a supportive community

I am here to learn and be a sponge, I am here to soak up every desired skill I can.

I am celebrating each topic I learned in an excellent way to get in the habit of internal validation and provide a solid basis for self-evaluation!

My coworkers, buddy, and teacher understand my situation and they want to help and support me.

I am aware that getting my tasks and practices done will be highly rewarding.

If the muse is late, I start without it and it comes in perfect timing!

If the idea is late, I start without it and it comes in perfect timing!

Inspiration exists, it just has to find me working!

Inspiration follows me wherever I go.

That which I persist in doing becomes easier for me. And it is not that the nature of the task has changed, but my capacity to do so has increased.

Everyone that comes to me leaves feeling positively better and happier in my company!

Everything is working out for me.

I believe I deserve all the good things coming my way and I welcome them with open arms.

I am open and receptive to all the good and abundance in the universe.

I am highly qualified for the career I want and people wonderfully agree.

I am highly qualified for the living and working condition I desire and my reality reflects that!

I am capable of achieving my goals and living my dreams now.

I always thrive during interviews and presentations because of my inner strength, peace, and confidence.

Using my problem-solving skills, hard work, and perseverance to overcome a challenge is personally satisfying.

Successfully completing a task accurately and on time gives me a sense of accomplishment and motivates me to do a good job.

I naturally have a strong work ethic, I am a fast learner and I am very enthusiastic about my opportunities.

I believe that my commitment ensures that I quickly become a productive and valued person wherever I work and learn.

I am able to deal with the situation by gathering and considering all the relevant facts to identify any underlying issues.

I could then objectively determine the different approaches to address these issues and decide on the most appropriate approach.

I do my best and my best keeps on improving every day.

Every day in every way, I am positively and rewardingly improving my core competencies.

I am great at teamwork now.

I am great at decision-making now.

I am great with communication now.

I am wonderful with my initiative now.

I have great adaptability skills and am improving them now.

I have high standards.

I am reliable where I work and learn now.

I have excellent problem-solving skills and am improving them at lightning speed now.

I am self-motivated now and have an amazing ability for persuasion.

I have an extremely high-stress tolerance now.

I have great integrity now.

I love organizing anything in my personal and professional life now.
I am great at organizing. I love to organize my time and environment so I can stay laser-focused on my tasks at hand.
I have amazing leadership skills now and am only getting better at them.
I have amazing time management skills now and am only getting better at it.
I am great at problems solving skills now and am only getting better at it.
I am flexible and adaptable in any environment now and am only getting better at it.
I am a fast learner and I effectively learn at lightning speed. My results naturally show that I understand what I am learning with everything that I learn and read. I put what I learn into practice.
I am amazing with teamwork now and am only getting better at it.
People value and respect me.
People appreciate working with me.
I have immense creativity now and am only getting better at it.
I have a positive mental attitude.
I am highly responsible with my life and am only getting better at it.
I can thrive with love, humility, and empathy as I learn and create.
I have high emotional intelligence now and am only getting better at it.
I practice active listening skills now and is benefiting me.
I have amazing decision-making skills now and they are benefiting me.

DECISION-MAKING AFFIRMATIONS

I cultivate a strong mindset for making faster decisions
I limit my options for good
I am aware that indecision kills so I choose to make faster decisions
I wisely draw a line between good and bad choices
I always listen to my gut feeling
I think of my time as money and value my time
I know that decisiveness grows with each decision
I naturally make great decisions as I take calculated risks
I am unafraid of the unknown because I am willing to learn and gain valuable lessons and rewards from my experiences

PUBLIC SPEAKING AND COMMUNICATION AFFIRMATIONS

When I speak; I breathe slowly and I am calm when I speak.
I naturally speak slowly and articulately. I speak with appropriate pauses.
I have great body language and I am able to keep the audience engaged.
My voice is pleasant to the ears.
My presence is inviting, charming, and charismatic. I naturally draw respect.
If I ever feel any amount of stress, I can practice smiling. When I smile, my brain releases neuropeptides that actually improve my overall mood.
I remember my “why”.
During presentations, I focus on serving the best needs of my audience.
I believe that confidence is preparation.

I practice my speech and communication skills until I am good at them

AFFIRMATIONS FOR COLLEGE/UNIVERSITY STUDENTS:

I can do this now
I am excited to learn something new today now
I am capable of being a great student now
My ability to learn is improving every day now
It is okay to ask for help now
I am doing my best now
I can be a good role model now
If I fall, I will get right back up now
I can improve my health today now
I am courageous now
I respect myself now

I enjoy where I am and have patience for what is to come.
Everything is possible now
I believe that anything is possible. I can expect good things now.
I never give up, ever.
I keep trying and staying persistent in my pursuits now.
I can find a solution to any of my problems now.
I am worthy of forgiveness for my mistakes.
When I make mistakes, I forgive myself and keep moving forward.
Being different is a good thing now.
I can help someone else today now.
I do not worry over things out of my control now.
I love myself enough to take advice or learn from others now.
I create a healthy mindset and lifestyle in my life now.
I am so grateful for all I have now and I find more things to be grateful for every day.
I am attracting positive people into my life right now.
I can create change now.
I celebrate small wins in every chapter of my life.
I enjoy the process.
I can improve the story I tell myself anytime I want now.
I can improve my life if I desire to, right now.
I am loved. I am lovable and I love myself enough to do what is best for me.
I love myself enough to persevere.
I love myself enough to try again.
I love myself enough to never give up.
I love myself enough to stay focused while I am learning.
I easily see the benefits of choosing long-term gratification over short-term gratifications.
I love myself enough to stay committed and disciplined on my journey.
I love myself enough to respect myself.
I love myself enough to be teachable and to learn as best as I can.
I love myself enough to be open-minded and to rise above my fears today.

I love myself enough to do my best every day.
I love myself enough to cultivate positive self-talk now.
I love myself enough to be the best cheerleader in whatever I do now.
I love myself enough to be the best cheerleader in my life now.

Universe, thank you for all the resources and gifts that help me make my dreams and successes a reality now.

Universe, thank you for all the resources and gifts that help me make my dreams and successes a reality now.

Universe, thank you for all the resources and gifts that help me make my dreams and successes a reality now.

Thank you for my perfectly healthy and functioning body and mind that makes my dreams and desired reality possible.

Thank you to my loved ones.

Thank you for my amazing life now.

Thank you for the endless possibilities in my life now.

Thank you for allowing me to do my best every day now.

EXTRA CONFIDENCE-ENHANCING AFFIRMATIONS:

I am an amazing creator

I am an amazing student

I learn anything fast

I pick up new skills excellently, efficiently, and easily

I perform naturally well

My brain is working perfectly and excellently

I have the ability to focus on my task and studies in any environment and enjoy my learning journey.

I can create amazing positive results in any situation.

Thank you for listening and may your desires get manifested fast in wonderful ways!

Love,

Talismanic Brew