

*Use this script as motivation to write your own personal affirmation. Then, record it into the voice app on your phone and listen to it each day as soon as you wake up.*

[Click here to listen to Jasen read his personal affirmation](#)

Each morning when I wake up I choose to focus on the things that make me happy.

I take responsibility for my own happiness and my point of attraction.

I am a person who takes action toward my goals daily.

When I feel fear or anxiety I easily transform the energy into excitement.

Each day I look for things to do that make me feel alive.

I am focused on the present moment, grateful for what I have and open to accepting more from life.

I am a money magnet and each day I get closer to financial freedom.

I love connecting with my readers and showing them the path to their best life.

I am comfortable using my voice and expressing my point of view.

I confidently test offers in the marketplace and am a master at helping people overcome limiting beliefs.

I release fears of failure and concern about what others may think of me.

I sell a minimum of 2000 books each month and thrive as a personal development coach.

I enjoy food and drinks without using either to numb uncomfortable emotions.

I feel great in my own skin and easily maintain my ideal body composition of under 10% body fat.

I honor Chug by possessing the land wherever I go.

I am blessed, prosperous, redeemed, forgiven, talented, creative, confident, secure, disciplined, focused, prepared, qualified, motivated, valuable, free, determined, equipped, empowered, anointed, accepted and approved. Not average, not mediocre. I am a child of the most high God. I will become all I was created to be.