

Affirmations are self-suggestions or positive suggestions that you repeat to yourself to always remind you of your dreams, desires and goals. Affirmations are not goals in themselves, they are rather habit-forming practices, and in fact, compel you to take action - in the right direction - towards your dreams. They help instill a sense of clarity and purpose, making conditions favorable for you to stay focused on your ultimate game.

The true power of affirmations lies in experiencing them. I have found that affirmations work in many unusual ways if you can experience them within yourself through visualization. So, let your creativity and imagination flow as you practice these affirmations daily. The more often you repeat them, the deeper they will get inside you.

Affirmations are a game-changer, trust yourself with them and experience them as you repeat this script loudly or under your breath!

Before you start, take a deep breath - breathe in slowly through your nose and breathe out through your mouth.

## The "Calm Me" Affirmations

I wake up each morning feeling calm.

I start my day feeling calm and stay that way until bedtime.

I choose to be calm today.

I am calm in all situations.

When I am calm, I can handle any situation that comes my way.

I have the confidence to tackle any situation because I know I can stay calm.

I believe in my ability to be calm.

I value my ability to stay calm.

Staying calm is good for me.

Staying calm is good for my relationships.

Life is more enjoyable when I am calm.

I enjoy my life.

I am an optimist.

I see the positive points first in every experience.

I can do anything I set my mind to. And, I set it to be calm.

I choose where and how to focus my behaviors today and each day.

Being calm makes me be happy and positive.

Being calm makes me more productive.

By being calm I can choose my intentions carefully.

People admire me for my ability to stay calm.

## Daily Reflection

1. Was I stressed or anxious today?
2. How calm was I today?
3. What would I accomplish if I were more calm today?

## About Sanket

Sanket is a *Leap Ahead* Coach and *Introvert* Author who works with positive middle age *introvert* people, both men and women, who believe that they can design their future and want to seek an aspect of their life from a different perspective so that they can experience a different result. Why *introverts*? Because, he is an *introvert* too! And, he can help *introverts* to start saying “Yes” to themselves and their human potential and to the person they know they can be! The people that he works with are the people who want to live their dreams, transcend beyond their limiting fears, indecisiveness and beliefs, and accomplish their goals around finding purpose and living a fulfilling lifestyle. Sanket is passionate about contributing to everyone he encounters, but he chooses to only coach the committed. To try him out and get a feel for his coaching [enroll for a complimentary strategy session](#). Sanket is a contributor to several online communities where he writes about the human side of business, excellence at work, personal transformation, and life reflections. His inner calling is to help people focus and excel in their personal and professional lives and become extraordinary individuals. He strongly believes that every person is born to do great things and he wants to help people discover this greatness within them. His book [The Winning You](#) is his contribution to anybody who is on the road to ultimate mastery. As he often quips, *“Focus is a skill that can be learned. Without a laser-like focus, all your other skills are futile.”*

Sanket lives in Mumbai and Pune with his wife, Kavita, and daughter, Aahana. He can be contacted via email at [sanket@sanketpai.com](mailto:sanket@sanketpai.com).