

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 "Complete Me" Affirmations

I am serene in this moment.  
I choose to be calm today.  
I choose joy and positivity over everything else.  
I choose to have intense positive feelings all day long.  
I choose my intentions well.  
I choose to smile today.  
I choose to be enthusiastic in all situations.  
I am attracting all things good from the universe.  
I approve of myself.  
I believe in myself.  
I choose to spend time in solitude.  
I choose respect for myself and for others around me.  
I choose to be confident today.  
I choose to do things in the moment.  
I choose now over procrastination today and every day.  
I know I have it all within me.  
I choose to live to my fullest potential now.  
I choose to look for opportunities throughout my day.  
I choose to be curious like a child.  
I have abundance flowing into my life.  
My financial wealth is increasing each day.  
I choose to cultivate a habit of being grateful.  
I give love, I deserve love and I get it in abundance.  
Every day, in every way I choose to stay healthy.  
I am tuned to my success and my victory.  
I enjoy my life.

## Daily Reflection

1. Did I focus my attention on my life's goals and dreams today?
2. What was I grateful for today?
3. What would I accomplish if I rose to my fullest abilities?

## About Sanket

Sanket is an internationally certified Leap Ahead and Human Potential Coach, NLP Coach Practitioner, TEDx Speaker and Author of *The Winning You and Make It Happen!* He works with people in their 30's and early 40's, both men and women, to help them create exponential life growth by saying “Yes” to themselves. The people that he works with are the people who want to say yes to their dreams, get unsterotypical and say no to their relative social constructs, transcend beyond their limiting fears, indecisiveness and beliefs, and accomplish their goals around 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).