

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 “Expert Me” Affirmations

I am an expert.

I have knowledge and skills that matter.

I choose to learn and grow daily.

I learn things quickly and can implement the knowledge with ease.

I choose to rise to my fullest abilities now and every day.

I am open to new ideas that establish me as an expert.

I spend time with other experts, and I am happy to learn from them.

I am confident in my abilities.

My knowledge boosts my self-esteem.

I am proud of my accomplishments and skills.

I use my expertise to help my coworkers, friends, and family.

I gain the trust of others because of my expertise.

I have a real and profound impact on society.

I choose to play a bigger game.

I always think big.

I always stay focused on my plans.

I choose to do the things, today and each day, that will move me towards my goals.

I only aim for the top. And, I know that I need to do the work to get there. And, I am committed to that. I am an expert.

I strive for massive success.

I believe in myself.

Daily Reflection

1. What did I do today to maintain my expertise and increase my skills?
2. Did I use my expert knowledge to help the world today?
3. Was I focused on my plans today?

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 unstereotypical 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.