

Affirmations for Success

#1 I have not yet attained my full potential, and if that is the reason for being bathed in the beauty of another day, I am most grateful. I am prepared, at last, to reach the peak of my possibility.

#2 I forget yesterday with all of its trials and tribulations; aggravations and setbacks; angers and frustrations. The past is but a dream from which I can neither retrieve a single word or erase any foolish deed.

#3 I do not fret the future. My success and happiness do not depend on straining to see what lurks dimly on the horizon, but to do this day what lies clearly at hand.

#4 I treasure this day because it is all I have. I know its rushing hours cannot be accumulated or stored like precious grain for future use.

#5 I live this day as all good actors do when they are on stage, only in the moment. I cannot perform at my best today regretting my past acts mistakes or worrying about the scene to come.

#6 I embrace today's difficult tasks, take off my coat, and make dust in the world. I know that the busier I am, the less harm I suffer, the tastier is my coffee, and the better satisfied I am with my place in the world.

#7 I free myself today from slavery to the clock and calendar, and though I plan this day to conserve my steps and energy, I measure my life in deeds, not years; in thoughts, not seasons; and in feelings, not figures on a dial.

#8 I am aware of how little it takes to make this a happy day. Never do I pursue happiness because it is not a goal, rather a by-product, and there is no happiness in having or getting, only in giving.

#9 I face any danger I encounter because I am positive nothing can happen to me that I am not equipped to handle. Just as any precious gem is polished by friction, I too am certain to become better by this day's adversity.

#10 I live this day as if it were Christmas, and I am a giver of gifts. To my enemies, I give the gift of forgiveness; to my enemies, tolerance; to my friends, a smile; and to my children, a good example. I wrap each gift in unconditional love.

#11 I do not waste even a precious second today in anger, or hate, or jealousy, or selfishness. I now know that the seeds I sow, I harvest, because every action, good or bad, has an equal and opposite reaction. I plant only good seeds this day.

#12 I treat this day as if it were a priceless violin. I may draw harmony from it or discord, but I cannot blame the instrument. Life is the same. When I play it well it brings forth harmony, but when I play it poorly it produces ugliness.

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#13 I condition myself to see every problem I encounter as no more than a pebble in my shoe. I remember the pain so harsh I could hardly walk, and I recall my surprise when I removed my shoe and found only a grain of sand.

#14 I work this day convinced that nothing great was ever accomplished without enthusiasm, and to do anything truly worth doing, I do not stand back shivering and thinking of the cold and the danger, but rather jump in with gusto and scramble through as best as I can.

#15 I face the world with goals set for this day, but they are attainable ones, not the vague impossible variety declared by those who make a career of failure. I know I am always tried with a little, to know what I might do with a lot.

#16 I showcase my talents. If I am silent, I am forgotten; if I do not advance, I fall back; if I turn and walk away from any challenge I face today, I am forever scarred. If I cease to grow, even a little, I become smaller. I reject the stationary position because it is always the beginning of the end.

#17 I keep a smile on my face and in my heart today even when it hurts. I now know that the world is a looking glass and that it gives back to me a reflection of my own soul. I now understand the secret to changing the attitude of others is to first change my own.

#18 I turn away from any temptation today which might cause me to break my word or lose my self-respect. I am positive the only thing I possess more valuable than my life is my honor.

#19 I work with all of my strength today content in the knowledge that life does not consist of wallowing in the past or peering anxiously into the future. It is appalling to consider the great number of painful steps taken to arrive at a truth so old, so obvious and so frequently expressed. For whatever it offers, little or much, my life is now.

#20 I pause when I am feeling sorry for myself today and remember that this is the only day I have and that I must play it to the fullest. What my part may signify in the great whole, I may not understand, but I am here to play it and now is the time.

#21 I count this day as a separate life and remember that those who have fewest regrets are those who take each moment as it comes, and for all that it's worth. I am eternally grateful for this moment in time.

*** Adapted from Seeds of Success by Og Mandino from his book MISSION: SUCCESS**