
List of 203 Power Affirmations

By William Marshall

Below is the Complete List of the 203 Power Affirmations Included in My Exclusive Power Affirmations MP3 Recordings

The complete list of Positive Affirmations is right here--just page down and look. This is my free gift to you ...and your friends. Anytime you want to see what else I have available, I encourage you to visit my home page at <http://www.poweraffirmations.com/home/>.

Personally, my own results with affirmations were mediocre at best until I started regularly listening to my Power Affirmations MP3s. But after I started listening to these affirmations, my results **dramatically** improved. If you are really serious about putting the power of affirmations to use, you owe it to yourself to consider getting the MP3s I created for myself.

Without wasting any more time, let's get straight to the 203 Power Affirmations. There's lots more to what I offer through my website, but the **quickest way** to get started is right here with the core Power Affirmations. Read, study, learn, download, listen, **apply**, and benefit. This material is **for you...right here and right now.**

Category 1 - The Power of Power Affirmations

1. My Power Affirmations work whether I believe in them or not.
2. I create new Power Affirmations for myself everyday.
3. I repeat my Power Affirmations everyday with emotional intensity, certainty, and faith.
4. My Power Affirmations allow me to consistently tap into the unlimited power of my subconscious mind.
5. My Power Affirmations are now creating thought habits that will to guide me to my desired objectives easily and effortlessly.
6. The more I repeat my Power Affirmations with a feeling of certainty, the more accessible these power beliefs are to me when I need them.
7. I feed my subconscious mind thoughts of faith by repeating my power affirmations everyday with physical energy and emotion.
8. My thoughts are creative. My Power Affirmations are now creating the reality I desire.
9. My Power Affirmations positively influence my subconscious mind while I sleep.
10. My imagination now creates whatever I believe and conceive.

11. I now have all the resources I need to achieve my goals easily and effortlessly.
12. Every day in every way I'm getting better and better.
13. I set definite goals and create new Power Affirmations™ to achieve them quickly and easily.
14. Today I am using 100% of my mind's capacity.
15. I now have easy access to the information in my subconscious mind.
16. All subconscious information is being revealed to me now.
17. What I imagine I can do I can do.
18. I now receive wisdom and knowledge every moment of my life.
19. I am now making amazing progress towards all of my goals.
20. My subconscious mind is now revealing everything I need to know to create and fulfill my mission and purpose in life.
21. I am consciously aware of my beliefs. I only hold onto beliefs that support me.
22. I now see and feel my goals as already accomplished.
23. Using my Power Affirmations, I expand the powers of my subconscious mind everyday.
24. Whatever I conceive and believe I can achieve.
25. I create my own luck everyday.
26. I now achieve my goals with joy and laughter.
27. I visualize what I want to be and act as if I am already what I visualize.
28. Through consistently repeating my Power Affirmations, I can now create any reality that I desire.
29. My Power Affirmations are now creating habitual thought patterns of success, positive thinking, and positive living.
30. My Power Affirmations are now giving me massive momentum towards the specific results I desire.
31. I am guided and excited. All I need is within me now.

Category 2 - Creating a Powerful Self-Image

1. I am now filled with faith, certainty, and confidence. I now create and feel these emotions in my body.
2. I am now confident and assertive.
3. I now walk and move with assurance, poise, and personal power.
4. I am now a powerful and charismatic personality.
5. I am growing more and more attractive everyday.
6. My confidence and competence are exploding massively everyday.
7. I am now friendly, outgoing, and confident.
8. I am now bold and courageous. I now seize my opportunities immediately.
9. I now have the ability to change anything in my life that I choose to change. I take complete responsibility for my life.
10. When I speak to others, I look them straight in the eye and speak with confidence knowing that I am equal to every person I meet regardless of their social status or accomplishments.
11. I can now create a state of total certainty and confidence at a moment's notice anytime I need it.
12. I now move my body with poise and confidence.
13. Every time I close my eyes and breathe deeply, my confidence expands and fills my whole being.
14. I now see myself as exactly the person I want to be: confident, self-assured, healthy, and prosperous.
15. I now hold myself and other people in high esteem.
16. Everyday in every way I am growing more and more confident.
17. My confident energy, enthusiasm, and passion are increasing massively everyday.
18. Because I am committed to constant and never-ending improvement, my performance is improving everyday.
19. What I imagine I can do, I can do.
20. I am now fearless, courageous and bold.
21. I receive wisdom and knowledge from my subconscious mind every moment of my life.
22. I apply my faith with consistent acts of courage.
23. The expression on my face now communicates certainty and confidence.
24. I now inspire and expand my imagination with enthusiasm.

25. I now relive the most joyous moments of my life. And these moments inspire me to greater confidence and a greater feeling of self-worth.
26. I immerse myself in a powerful environment on a regular basis.
27. I act as if I already have all the confidence I need and desire.
28. I speak to myself and others with confidence, certainty, and conviction.
29. I now take complete and total control of my internal images, dialog, and feelings.
30. My subconscious mind now communicates confidence, certainty, and power to the subconscious minds of others.
31. My thoughts, presence, charm, and charisma now inspire others to greater self-confidence and personal power.
32. I now radiate confidence and certainty in the presence of other people.
33. When I speak, the tone of my voice communicates strength, courage, and confidence.
34. I am now confident, assertive, and decisive in every situation.
35. I now create outstanding confidence by repeatedly rehearsing in my mind and imagining the results I want in advance.
36. I am now an outstanding leader who leads with confidence.
37. I increase my self-confidence by increasing my skills and abilities everyday.
38. As I rehearse the results I want in my thoughts before they happen, my skill and confidence expand massively.
39. Other people find me to be a fascinating and interesting person.
40. I consciously choose the emotional state that I am in at all times.
41. I am now raising my standards in all the major areas of my life and am holding myself to those standards at all times.
42. I now control the pictures, sounds, and feelings that I create in my mind.
43. I am now comfortable with a high level of uncertainty in my life knowing that without great risks there are no great rewards.
44. I now face challenging situations of great uncertainty with a feeling of absolute certainty and confidence that I can transform any challenge or set back to my advantage.
45. I am now positively adventurous and outrageous.
46. I now put myself into new positively challenging situations everyday.
47. I now set new and higher standards for myself and I step up to every challenge in a state of absolute certainty and unstoppable confidence.

Category 3 - Achieving Your Goals: Using Power Affirmations to Consistently Manifest the Results You

1. I now put my body into a peak state of absolute certainty knowing that I can create any positive result that I am committed to.
2. I am now living a life of design rather than a life of reaction.
3. I am now absolutely clear about the specific results I want in every area of my life.
4. I now step up with total power and passion to take whatever positive action is necessary to achieve my desired results.
5. I now make my future my present. My future is now.
6. I now celebrate the achievement of my goals before they occur in the physical world.
7. Whenever I set a definite goal, I take immediate action towards its attainment to create and sustain massive momentum.
8. I am now spending my time, energy, and emotion on the goals that are most important to me rather than responding to the demands of other people. I am in control of my life.
9. Urgency is not my friend. Through results-focused planning and delegating to others, I minimize the amount of time I spend addressing the urgent demands of other people.
10. I now do only what I do best and get other people to do the rest.
11. I now delegate tasks that do not require my direct attention and focus to other people.
12. My subconscious mind now provides me with the specific massive action plans I need to attain my desired results.
13. My subconscious mind is now consistently presenting me with updated plans to achieve my goals even when I am playing, eating, or sleeping.
14. I now carefully measure and manage my progress towards my desired results everyday.
15. I am now highly flexible. I carefully monitor the results that I am getting and quickly adjust my actions until I receive the specific results I desire.
16. I accelerate my progress towards my desired results by studying other people who have been outstanding in that area.
17. I increase my hunger and desire to achieve my goals everyday.
18. Using tapes, books, music, and anything else around me that is easily accessible, I now create a controlled environment that keeps my mind focused on my primary outcomes everyday.

19. I do not adapt to my environment. I persist in making my environment adapt to me.
20. All of my internal images, dialog and feelings are now pulling me towards the results I desire. I am totally committed and congruent.
21. I am now focused on the results I want, driven by a passionate purpose, and charted with massive action plans.
22. I now see things exactly the way they are, exactly the way I want them, and now take massive action to close that gap.
23. I now prepare a results-oriented daily plan every evening for the following day.
24. I feed my momentum monster everyday by consistently taking results-focused action.
25. When I reach a definite decision, I commit and resolve to the achievement of the end result I desire.
26. I now create magic moments for myself, my family and friends.
27. I now celebrate my achievements in advance.

Category 4 - Creating Physical Power, Health, and Vitality

1. My health, energy, and vitality are increasing everyday.
2. My positive thoughts are now creating the body that I desire.
3. I am a lean, mean, fat burning, muscle building machine.
4. My body is now trained to burn fat and build muscle.
5. I am growing more and more attractive everyday.
6. Divine life now flows through every cell in my body.
7. I am now totally energized. My body is now exploding with massive amounts of energy and enthusiasm.
8. I now eat all the right foods for optimum health, energy, and peak performance.
9. I now alkalize and energize my body everyday by eating live green foods and drinking green drinks.
10. My body is healing and regenerating itself everyday.
11. With every deep breath I take, my body is burning fat and creating massive energy, health, and vitality.
12. I now see myself filled with health, energy, and enthusiasm.
13. I now have all the energy I need.
14. The more energy I use, the more energy I have.
15. I now fill my body with life giving oxygen through deep breathing everyday.
16. I create good health habits quickly and easily.
17. My body now eliminates all toxins quickly, easily, and healthfully.
18. I am now relaxed and filled with peace of mind. In my relaxed state, my body repairs and heals itself quickly.
19. All of the cells in my body exist in harmony and peace with every other cell in my body.
20. I get a full night's rest everyday.
21. When I sleep, my mind is at peace and the healing powers within my body are magnified.
22. The creative intelligence which made my body is now transforming every cell according to nature's perfect pattern.
23. My healing thoughts are now going deep into my subconscious mind and bringing total and continuous healing to my body.
24. I now enjoy a large variety of water rich foods that fully cleanse and nourish every cell in my body everyday.

25. I consciously control my biochemistry by putting my body into peak emotional states, by healthy eating, exercise, and adequate rest everyday.
26. I sleep in peace and I wake in joy. Through peaceful sleep, my body and mind are renewed and restored to perfect health.

Category 5 - Creating Power Relationships

1. I now make good friends quickly and easily.
2. Good people are attracted to me every day. They want to meet me.
3. I now create outstanding rapport with other people quickly and easily.
4. I now hold myself and other people in high esteem.
5. I now surround myself with positive, proactive people.
6. I always create harmony with others through cooperative effort.
7. I will succeed by attracting to myself the cooperation of other people towards our common objectives.
8. I will encourage others to help me because of my willingness to help other people.
9. I will cause other people to believe in me because I believe in them and in myself.
10. I actively listen to what others say without interrupting them.
11. I create synergistic, positive relationships that are fair, honest, and healthy.
12. All my facial expressions are now pleasant and pleasing to myself and other people.
13. When I greet people, I greet them with gladness in my being.
14. I now have a magnetic, warm handshake.
15. When people first meet me, they like me instantly.
16. My subconscious mind properly prepares the subconscious mind of every person I meet before I meet them.
17. I now accomplish my goals with the benefits to others in mind.
18. I listen to others carefully before responding.
19. I now develop cooperative alliances with others towards definite, specific objectives quickly and easily.
20. I now have a keen understanding of myself and of other people.
21. I treat every person I meet with respect, mercy, tolerance, and understanding.
22. I now look for the good in every person I meet and I find it.
23. I now inspire and empower others to greatness.
24. I now have favor in the eyes of every person I meet.
25. I now have a highly pleasing personality.
26. All of my contacts with other people are smooth and pleasant.

27. I express my honest and sincere appreciation and praise for others easily and often.
28. I now arouse a feeling of enthusiasm for good things in other people.
29. When speaking with others, I look at things through their point of view as well as my own.
30. I am now genuinely interested in other people.
31. I wear a sincere, heartwarming smile everywhere I go. My genuine smile comes from deep within my innermost being.
32. I remember the names of other people easily and effortlessly.
33. I encourage other people to talk about themselves and I listen intently.
34. When I speak to others, I focus on their interests not mine.
35. When I need someone to do something, I make them feel happy to do it by pointing out the benefits to them.
36. I sincerely recognize the value in every person I meet and make a genuine effort to make them feel important.

Category 6 - Creating Wealth and Financial Abundance

1. I am now wealthy.
2. I deserve to be wealthy.
3. I am now a financial genius.
4. I am now highly pleasing to myself in the presence of other people.
5. I now earn, save, spend, and invest my money wisely.
6. My wealth is increasing massively everyday.
7. My money is now creating more money.
8. My outstanding ideas, energy, and passion are now creating new wealth for me and others around me.
9. I now give away massive amounts of wealth to causes that I believe in.
10. All the investments I own are profitable.
11. Every dollar I spend returns to me massively multiplied.
12. I manage my money effectively with precision.
13. I now have all the money that I want and need.
14. I now give away large amounts of wealth wisely and intelligently.
15. Every thought I have is now being transformed into massive financial abundance for me.
16. I am now creating all of the wealth that I want and need.
17. My imagination is now creating all the financial abundance that I desire.
18. The more of my wealth that I give away wisely, the more my personal wealth explodes massively.
19. I now seize my opportunities boldly and courageously decisively applying my faith through my actions.
20. My imagination now creates all the wealth I desire.
21. Through my power of intention, I effortlessly attract all the wealth I need and desire.
22. I habitually give more than I get. I cheerfully go the extra mile in every task I undertake.
23. I am now accumulating vast amounts of wealth consistent with my integrity and honesty.
24. I respectfully accept the gifts of others with the knowledge that these gifts were intended to gratify the giver more than the receiver.
25. I am now receptive to unexpected gifts of wealth.
26. I am a gracious giver and receiver.

27. When I think wealthy thoughts, I become more wealthy in all aspects of my life.
28. My wealth is now multiplying and creating more wealth easily and effortlessly.
29. My financial abundance is now exploding massively 24 hours a day even when I am playing, eating, and sleeping.
30. I am now surrounded by an ocean of wealth and I draw from this ocean all I need.
31. My job is my personal pipeline from which I tap the infinite wealth from my world economy for my personal desires.
32. I am now earning massive amounts of wealth doing what I love to do while rendering useful service to other people.
33. Through my power of my subconscious mind, I effortlessly attract all the wealth I need and desire.
34. I am a money magnet.
35. Money is forever circulating in my life and there is always a surplus.
36. I have a responsibility to accumulate vast sums of wealth through useful service to others and to give it back to society through gifts that benefit the entire community.

Why So Many Power Affirmations?

This may seem like an overwhelming number of affirmations. **It is!** That is, it's an overwhelming list if you only use the normal methods of using affirmations--reading, writing, reciting, etc. You would almost certainly only be able to use a handful everyday on a regular basis at best--if you have a lot of self-discipline.

Recorded Power Affirmations are the Answer to the "Time Question"

If you think you don't have time to use so many Power Affirmations...**you're probably right.** Until I began listening to my Power Affirmations MP3s, I didn't either. **Having the Power Affirmations in recorded form made all the difference for me.** Now I'm able to go through many Power Affirmations consistently **every day.** My iPod does most of the "work." **I usually just listen (and benefit).**

Aside from the quality of the phrasing of these Power Affirmations, there are two characteristics of these recorded affirmations that are unique:

1. **The feeling of confidence, feeling of certainty and belief that comes through in my voice.** Remember, I originally wrote and recorded these affirmations to improve my own life, not to create something to share with others. These are not recordings mechanically read by a narrator. There is just the right amount of quiet energy and passion to my reciting of the affirmations--**I really believe what I am saying.** Belief makes all the difference. The tone is sincere without being "over-the-top." You don't need to take my word for it, listen to the sample MP3s below and judge for yourself.
2. **Each Power Affirmation is a separate MP3 file.** This is critical to the system I created because then you can take advantage of all the normal features of your MP3 or CD player (like repeating and shuffling) and because you can create your own custom playlists. Even though I created these recordings **over nine years** ago, I still haven't come across anyone anywhere who has used a similar system with so many affirmations.

I should also add that even though it has been over nine years, even though I have listened to the recordings countless number of times, I still listen to and personally benefit from these recordings almost everyday. I have found that there is a timeless quality to these recordings that makes them seem "evergreen." Of course, you could say I'm biased. Maybe I am. But it also may be because the affirmations are based on timeless truths. Again, just look at the list of 203 affirmations above and judge for yourself.

Because of the **tangible, measurable** benefits I have personally received from the Power Affirmations MP3s, I decided to share these recordings with to you. It is my intention that **every person** who visits my website downloads and benefits from the **[203 Power Affirmations Audio MP3s](#)** that I have recorded of these Power Affirmations. At this precise moment, this means **you**.

Even if you decide not to get the recordings, you can still benefit from the long list of Power Affirmations listed above, but I will tell you, you will get **much better results** if you get and regularly listen to the MP3s.

Every person who visits this site is important to me, so I don't want to miss anyone. Since almost everyone who is visiting this site is here because they are already interested in affirmations, I have every reason to expect **every person** to take positive action and benefit.

The Law of Attraction is at Work Here

It's not an accident that you visited my website. There is a lot that had to happen for you to be here at this exact moment. Aside from all the technical inventions to numerous to count, you most likely found it by specifically searching for information on affirmations. You found something interesting in what you saw in your search that prompted you to look further. Or maybe you were referred by a friend. Somehow, the Law of Attraction has brought us together for a purpose.

You Are Uniquely Important

In my imagination, I see you and every other person who visits my website as a **unique individual**. You are much more than just a traffic statistic to me. You are a unique individual with your own set of hopes, dreams, goals, and challenges. And at some level, you are here because you think that there is at least a possibility that affirmations will give you the **breakthrough** you are looking for. I have good news for you: it's more than just a possibility. I believe it will become your reality--when you follow through with action.

Because I am **passionate** about treating every visitor to my website as a unique person, I **personally** respond to every email I receive with well thought out answers to your questions. Feel free to email me any time at **whmarshall@earthlink.net**. I will personally respond. And of course, I never ever send out any spam and won't add you to my email list. Your trust and friendship are too important to me to do that to you.

I know that these Power Affirmations MP3s will help you improve your life. Take action and get them now.

[Just click here for more information on how to download these MP3 files immediately for yourself.](#)

Yes, you can burn these MP3s to a regular CD to play on any regular CD player.

Three Free Sample Power Affirmation MP3s

So you can hear the **professional** quality of these recordings for yourself, here are three free sample Power Affirmations MP3 you can listen to right now (left click to play now or right click to save):

- **I am now fearless, courageous, and bold.**
- **Whenever I set a definite goal, I take immediate action towards its attainment to create and sustain massive momentum.**
- **I now filled with faith, certainty and confidence. I now create and feel these emotions in my body.**

Invest the next 5 to 10 minutes in yourself and listen to these Power Affirmations. Even longer if you wish. How does that make you feel? Do you feel more **energized and confident**? Do you feel **inspired and motivated** to take action towards your goals?

Now just imagine listening to these and all of the other Power Affirmations repeatedly on a regular basis. How will that improve the quality of your personal thoughts and actions...and **your results**?

I've gone out of my way to pack as much ***use value*** for you into this system as I possibly can. I'm not aware of **any** other program anywhere that uses the process that I've developed for myself and that I'm sharing with you. When you decide for yourself that this is for you, then the best thing you can do is to **take action and download these MP3s immediately.**

Make a binding commitment **to yourself** and follow through on that commitment right now.

[203 Power Affirmations MP3s for immediate downloading](#)