



101 Powerful Affirmations

To Help You Attract Everything You Desire!

Yee Shun-Jian

<http://RichGrad.com>

<http://101PowerfulAffirmations.com>

Sign up for my [FREE Personal Development Email Newsletter](#) to receive tips on how to use these affirmations more effectively as well as regular inspirational updates to help you lead a richer life!



101 Powerful Affirmations

By Yee Shun-Jian

<http://RichGrad.com>

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You are encouraged to print this eBook for easy reading! =)

What Subscribers Are Saying About 101 Powerful Affirmations:

"Wow, 101 affirmation(s) is totally awesome!

Actually I've also been using some of the points for #1!

I used to be underweight (and I mean super), and I didn't do anything about it because it was just fine being scrawny. But I was wrong when I saw most of my female friends getting attached one by one... And I was one of those left behind singled! That was kinda like a wake up call for me. Thus by affirming some of the things as listed, I am actually growing in my muscle mass!

For those who are reading this but yet tried, I really encourage you to try this! You will definitely see results! :)"

- Jia Bin - March 29th, 2010 at 9:36 pm

"Hi. Your affirmations are really good. I am a healer and have started a group , where using Affirmations are part of the healing process...

... Thanks you so much for allowing me to share your affirmations with my group. I will give them a link to your site too. Its easy to tell everyone to make affirmations, but when they ask you to give them an affirmation it takes some time to put one together, and I just happened to come to your site by providence! Not too computer savvy!! thats me. Thanks once again.

With Love,Laughter and Light."

Terry - August 17th, 2009 at 12:27 am

[Read more testimonials here and/or leave your own!](#)

Acknowledgements

To my parents, Yee Chin-Khong and Yap Cheok-Thow, I'm eternally grateful to all the sacrifices you've made and for your unconditional love. I love you both!

Special thanks to Michael Spencer Balensiefer, the graphics genius behind my logo and ebook cover

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Introduction

Hi, my name is Yee Shun-Jian, founder of award-winning personal development blog <http://RichGrad.com> and author of *101 Powerful Affirmations*.

First of all, I'd like to congratulate you for downloading this eBook. You now have before you an amazing, powerful resource for personal transformation.

Now, you may be wondering to yourself... "How can a couple of affirmations possibly help me, let alone *change my life*?"

In order to answer that question and show you the effects of using these affirmations diligently, let me share with you my personal story...

How Affirmations Turned My Life Around

I used to work in a dead-end job... slogging from 8+ in the morning to 9+ at night.

To everyone else, I had it made - I was a college graduate, working in a respectable multinational corporation and earning a fairly decent salary.

Yet, somehow I wasn't happy at all!

Perhaps it was the long working hours... Perhaps it was the unavoidable office politics. Whatever the case, I soon found myself dreading going to work every day and I hated it.

Around the same time, my dad's health was deteriorating (He suffers from Churg-Strauss Syndrome, a very rare illness brought about by complications after an asthma attack) and I realized I needed to spend more time with him at home.

Amidst trying circumstances, I made one of the hardest decisions of my life - I tendered my resignation and became officially unemployed on 31st May 2007.

My intention was to find a way to make money from home, so I could help take care of my dad... The problem was I wasn't entirely sure how I could do that.

In order to gain more clarity and perhaps out of sheer desperation to succeed, I invested about \$20,000 of money I didn't yet have (through the use of credit card loans) into personal development, [internet marketing](#) and wealth seminars and related books/videos/audio programs and products.

In July 2007, I started my [Personal Development Blog](#) and freely shared what I learned from various success authors/speakers on my blog in my own words and using my own personal experiences.

For the first few months, I wasn't actually making any money at all. In fact, I was fueled by pure passion and a desire to help people improve their lives.

As the credit card bills came in month after month, I must admit I became rather stressed out and almost gave up... I mean, it wasn't easy trying to help others when you're busy trying to find ways and means to pay off your own self-imposed 5 figure debts!

It was at this point of time that I came across and watched this movie called "[The Secret](#)" and learned about the principles of the [Law of Attraction](#).

Basically, the simplest way to explain Law of Attraction is that everything we attract into our lives is due to our thoughts and that "Like attracts Like".

What this means is that if we keep thinking a certain thought (positive/negative) over and over again with strong emotion, we manifest what we think about into reality.

In other words, we attract what we focus on.

So if we focus on lack, we attract it. If we focus on abundance, we attract that.

Thoughts lead to feelings which lead to actions which in turn lead to results.

If we want to change the results we get in our lives, we need to start by changing our thoughts.

Now, you must be thinking, “How can I change my thoughts (*so they empower me instead of limit me*)?”

Excellent question... because that was what I was thinking too!

I started researching extensively for the answer to this question and that was what led me to manifest *101 Powerful Affirmations* into my life.

You see, what we say to ourselves on a continual basis (self-talk) affects what and how we think and feel about ourselves.

They say we are usually our own worst critics... and this is evident in the things we say to ourselves every day.

“Ah... I didn’t bring my keys again today... why am I so forgetful???”

“Nobody laughed at the jokes I prepared for the presentation. I’m a lousy and boring speaker... I probably shouldn’t volunteer to speak next time...”

“Sarah didn’t respond to any of the messages I sent her after our blind date... Did she find me unattractive? Am I not good enough for her?”

Sooner or later, such negative self-talk creep into our subconscious mind and we repeat them over and over again on autopilot without realizing it and worse, allow the accompanying limiting thoughts such as “*I’m forgetful, I’m no good at public speaking, I’m unattractive, I’m too fat, I’m not good enough, I’m stupid* etc.” to form our beliefs and dominant reality.

Then as we attract more and more situations which seem to prove such thoughts right (remember that what we think about, we bring about), we go into a downward spiral and prevent ourselves from attracting the abundance, love and happiness that we truly deserve.

This is where positive affirmations come in...

They serve to neutralize the negative inner chatter and *in the long term*, replace those limiting self-talk/thoughts with empowering, loving thoughts that open your mind to see possibilities and opportunities instead of obstacles.

That's what *101 Powerful Affirmations* did for me.

Now, to be honest, I only tried out affirmations because I was already at my wits' end.

If you recall, I was struggling to pay off a 5 figure debt through an online business that wasn't yet making any money. I was so desperate that I was willing to try out anything.

And "anything" included going to the mirror twice a day, looking into my reflection and saying positive statements to myself that I didn't yet believe.

In fact, I remember that when I first started using the affirmations, I felt weird, awkward and even embarrassed. I thought it was ridiculous that I was saying things that seem to contradict what was actually going on around me!

If you ever experienced such reactions, let me reassure you that it's perfectly natural.

Our subconscious minds are powerful servants designed to value efficiency and energy conservation so it's likely to oppose anything that contradicts the old programming that it's used to.

The amazing thing though is that if you persevere on and keep repeating something over and over again, you start to believe it and see the results manifest in your life (Hey, isn't that exactly how you got stuck with your old programming and results in the first place? =P)

And that was what I did...

Despite the initial unpleasant reactions, I pushed on and used the affirmations every day (and I'm glad I did!)

Day by day, as I read the affirmations out loud, while looking into my reflection in the mirror, I started saying them with more power, conviction and faith.

I started feeling really good about myself and knew with great certainty that I was going to attract many good things into my life.

Within a month of diligently using the affirmations, I made my first sale from my website.

It was only \$97... really nothing to shout about... but I knew, from the bottom of my heart, that it was the start of better things to come!

And I was right...

I reinvested my profits into ads and soon started seeing [my income increase by about \\$1,000 month on month](#).

I went on to [manifest S\\$103,789.85 in internet revenue in 2009](#) (You can read the blog post where I talked about the 6 steps I took to generate a 6 figure income from the internet, together with pictures of my affiliate checks here: <http://ReadyFireIM.com/Success/>)



Graduates from a Blogging Workshop I conducted in April 2009

And that's not all...

Not only did my business and financial situation improve... so did the other areas of my life!

I started [travelling the world](#), meeting lots of cool people along the way...



Cool people I met from around the world on a London Pub Crawl in April 2011

I lost 10kgs within a couple of months, expanded my social circle locally and internationally and got invited to the best parties...



Having fun and enjoying myself at a Rock Star Themed Party

This was all great but let me tell you the best gift I've received from the universe so far...

It's what I'd call a [miracle](#).

You see, the doctors told my family back in 2004 that due to the nature of my dad's rare illness, he would only live for another 3 to 5 years.

Well guess what?

[The doctors were wrong!](#)

We celebrated my dad's 60th Birthday and my parents' 30th wedding anniversary last year and my dad's still very well alive and kicking as I'm writing this.



Celebrating my parents' 30th Wedding Anniversary in 2010

Now you've already seen how using the affirmations I'm about to pass on to you and purposefully activating the law of attraction has changed my life and those of the people around me.

I hope you've already started to realize and appreciate the power, potential and possibilities of the gem of a gift I'm handing you.

Are you ready to let *101 Powerful Affirmations* transform your life too?

If so, turn on over to the next page and start activating the law of attraction for yourself...

I'm waiting to receive your success stories! =)

Affirmations for Healthy Weight and Body Image

- Today I love my body fully, deeply and joyfully.
- My body has its own wisdom and I trust that wisdom completely.
- My body is simply a projection of my beliefs about myself.
- I am growing more beautiful and luminous day by day.
- I choose to see the divine perfection in every cell of my body.
- As I love myself, I allow others to love me too.
- Flaws are transformed by love and acceptance.
- Today I choose to honor my beauty, my strength and my uniqueness.
- I love the way I feel when I take good care of myself.
- Today my own well-being is my top priority.

Affirmations for Self-Confidence and Self-Belief

- Fear is only a feeling; it cannot hold me back.
- I know that I can master anything if I do it enough times.
- Today I am willing to fail in order to succeed.
- I believe that I have the strength to make my dreams come true.
- I'm going to relax and have fun with this, no matter what the outcome may be.
- I'm proud of myself for even daring to try; many people won't even do that!
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for victory!
- With a solid plan and a belief in myself, there's nothing I can't do.

Affirmations for Abundance and Prosperity

- I open to the flow of great abundance in all areas of my life.
- I always have more than enough of everything I need.
- Thank you, thank you, thank you, thank you!
- Today I expand my awareness of the abundance all around me.
- I allow the universe to bless me in surprising and joyful ways.
- My grateful heart is a magnet that attracts more of everything I desire.
- Prosperity surrounds me, prosperity fills me, prosperity flows to me and through me.
- I exude passion, purpose and prosperity.
- I am always led to the people who need what I have to offer.
- As my commitment to help others grows, so does my wealth.
- My day is filled with limitless potential in joy, abundance and love.

Affirmations for Life Purpose

- The better I know myself, the clearer my purpose becomes.
- My unique skills and talents can make a profound difference in the world.
- Today I follow my heart and discover my destiny.
- I am meant to do great things.
- I am limited only by my vision of what is possible.
- My purpose is to develop and share the best parts of myself with others.
- Today I present my love, passion, talent and joy as a gift to the world.
- I need not know the entire journey in order to take one step.
- I fulfill my life purpose by starting here, right now.
- My life purpose can be whatever I decide to make it.

Affirmations for Inner Peace

- All is well, right here, right now.
- Peace begins with a conscious choice.
- Today I embrace simplicity, peace and solace.
- A peaceful heart makes for a peaceful life.
- I trust the universe to deliver my highest good in every situation.
- By becoming peace, I create peace in every experience.
- I am filled with the light of love, peace and joy.
- Peace comes when I let go of trying to control every tiny detail.
- Where peace dwells, fear cannot.
- Today my mission is to surrender and release.

Affirmations for Opportunity

- Today I open my mind to the endless opportunities surrounding me.
- Opportunities are everywhere, if I choose to see them.
- I boldly act on great opportunities when I see them.
- My intuition leads me to the most lucrative opportunities.
- An opportunity is simply a possibility until I act on it.
- Some of the best opportunities are made, not found.
- Today I see each moment as a new opportunity to express my greatness.
- I expand my awareness of the hidden potential in each experience.
- Let each of my experiences today be a gateway to something even better.
- Each decision I make creates new opportunities.

Affirmations for Love

- I am ready for a healthy, loving relationship.
- All of my relationships are meaningful and fulfilling.
- As I share my love with others the universe mirrors love back to me.
- I see everyone I meet as a soul mate.
- I trust the universe to know the type of partner who is perfect for me.
- Today I release fear and open my heart to true love.
- I am grateful for the people in my life.
- I am the perfect partner for my perfect partner.
- I deserve a loving, healthy relationship.
- I deserve to be loved and I allow myself to be loved.

Affirmations for Healing

- I am strong and healthy.
- My energy and vitality are increasing every day.
- I open to the natural flow of wellness now.
- My inner guidance leads me to the right healing modalities for me.
- Abundant health and wellness are my birthright.
- Thank you for my strength, my health and my vitality.
- I am feeling stronger and better now.
- I love taking good care of myself.
- Today nurturing myself is my highest priority.
- Thank you for the opportunity to balance my mind, body and spirit.

Affirmations for Inner Clarity

- Today I awaken to my higher wisdom.
- My inner voice guides me in every moment.
- I am centered, calm and clear.
- I always know the right actions to achieve my goals.
- When I know where I'm going, getting there is a cinch!
- Today I am completely tuned in to my inner wisdom.
- Harmony is always a sign that I am balanced from within.
- Thank you for showing me the way to my dreams.
- I trust my feelings and insights.
- I am detached and open to divine guidance.

Affirmations for Self-Love

- I am filled with light, love and peace.
- I treat myself with kindness and respect.
- I don't have to be perfect; I just have to be me.
- I give myself permission to shine.
- I honor the best parts of myself and share them with others.
- I'm proud of all I have accomplished.
- Today I give myself permission to be greater than my fears.
- I love myself no matter what.
- I am my own best friend and cheerleader.
- Thank you for the qualities, traits and talents that make me so unique.

Resources

Did you enjoy *101 Powerful Affirmations*?

I bet you did... and you're probably wondering... "*Where do I go from here?*"

Well, *101 Powerful Affirmations* is just the start.

In the following pages, you'll find resources that are more focused on the specific areas you might want to work on... for example, [self-confidence](#), [inner peace](#) and [financial abundance](#). Feel free to check them out and get them if you need specific help on that area of your life.

I'd also highly recommend you use a complementary subliminal affirmations software like <http://RichGrad.com/mindzoom> together with *101 Powerful Affirmations* for maximum effect. However, that's entirely optional... Get it only if you want to speed up the manifestation process.

Remember that ACTION is key to making law of attraction work for you.

So don't just use the affirmations every day but DO NOTHING else at all... because NOTHING's likely to happen...

I always like to use the example of the guy who's looking forward to winning the lottery but does not even bother to go out and buy a lottery ticket. LOL...

Personally I've invested over \$20,000 on personal development seminars and products, read 200+ books on relevant topics related to my business and used that knowledge, hand in hand with the affirmations I've given you to attract the people, resources and opportunities I desire into my life.

You don't necessarily have to follow in my footsteps but do remember that continual investment in your education, whether in the area of learning how to better use the law of attraction to your favor or specific business/life skills is going to pay off handsomely in the long run.

With that, I'll leave you to explore the resources on the following pages... Hope you enjoyed this eBook & may the universe bring you everything you desire!

Follow us on twitter at

<http://twitter.com/101Affirmations>

Join our buzzing Facebook community at

<http://101PowerfulAffirmations.com>

Take part in the 101 Powerful Affirmations Facebook Positivity Movement Contest and stand a chance to win best-selling personal development digital products like "Quantum Confidence", "Power of Conversational Hypnosis" and more... Hurry, **Contest ends 25 Dec 2011 (Christmas):**

<http://RichGrad.com/contest>

If you haven't already done so, sign up for my FREE Personal Development Email Newsletter to receive tips on how to use your affirmations more effectively plus regular inspirational updates to help you lead a richer life:

<http://RichGrad.com/gift>

Tell your friends about 101 Powerful Affirmations & receive 4 additional personal development eBooks FREE:

<http://RichGrad.com/tellafriend.html>

To Your Success,

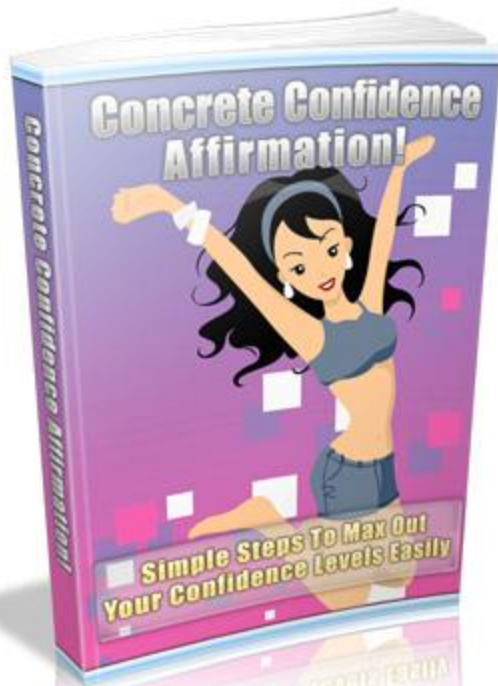
Yee Shun-Jian

Founder and Chief Happiness Officer

<http://RichGrad.com> (Personal Development Blog)

<http://101PowerfulAffirmations.com> (Official Facebook Community)

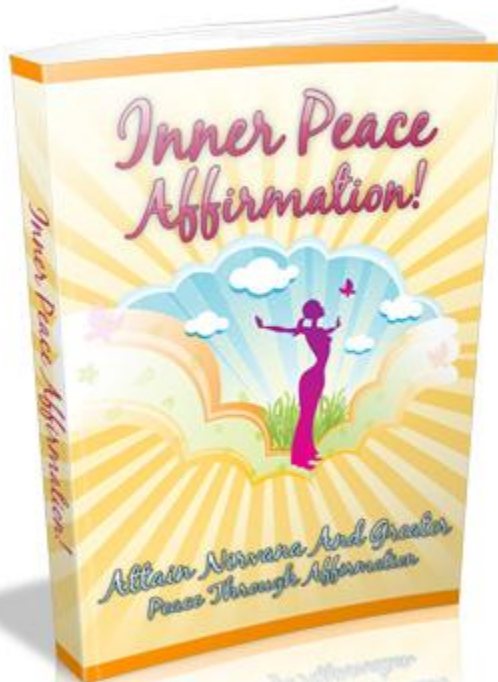
<http://ReadyFireIM.com> (Internet Marketing Blog)



“Learn How To Achieve Concrete Confidence With The Mental Strength And Attitude Alignment Series Affirmation Expansion!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

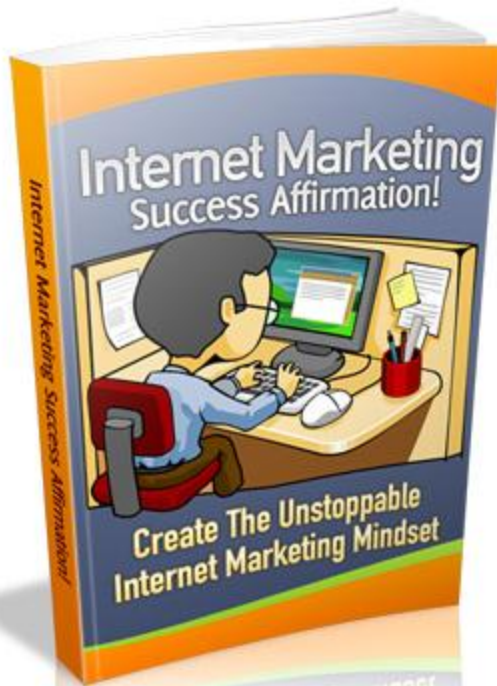
Get This Expansion Here:
<http://RichGrad.com/CCA>



“Learn How To Achieve Inner Peace With The Spiritual Enlightenment Series Affirmation Expansion!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

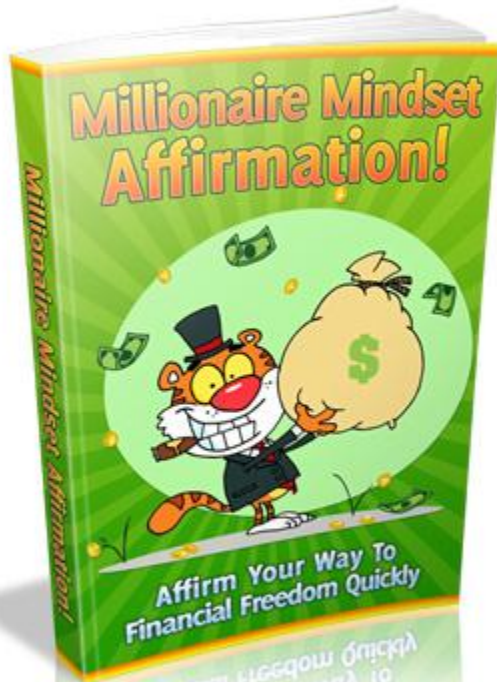
Get This Expansion Here:
<http://RichGrad.com/IPA>



“Learn The Secrets On How To 'Affirm' Yourself To Become A Better Internet Marketer Right This Very Minute!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

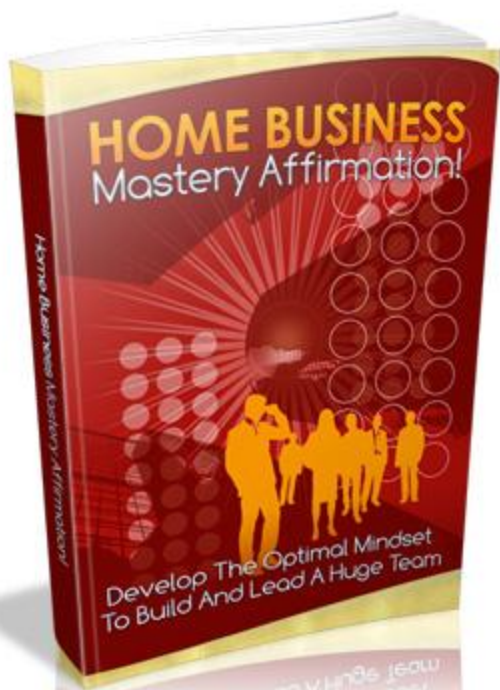
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“Learn How To Have The Millionaire Mindset With The Financial IQ Empowerment Series Affirmation Expansion!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

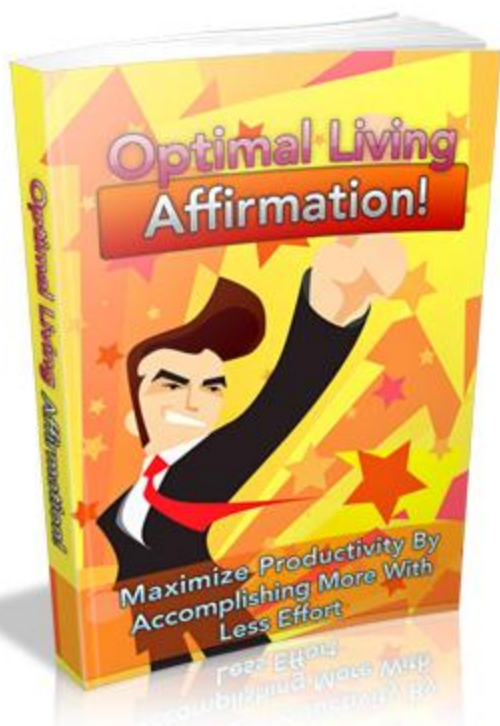
Get This Expansion Here:
<http://RichGrad.com/MMA>



“Learn The Secrets Behind How To 'Affirm' Yourself To Be A Home Business Guru Right This Very Minute!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

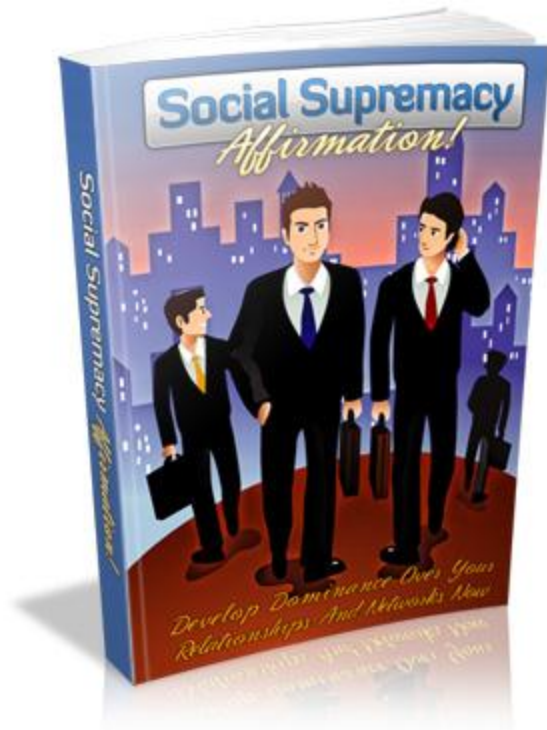
Get This Expansion Here:
<http://RichGrad.com/HBA>



“Learn How To Achieve Optimal Living With The Accelerated Health & Wellness Training Series Affirmation Expansion!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

Get This Expansion Here:
<http://RichGrad.com/OLA>

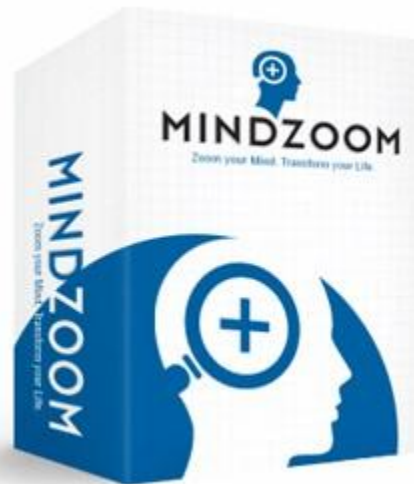


“Learn How To Achieve Social Supremacy With The 21st Century Branding And Relationship Building Series Affirmation Expansion!”

(Usual Price: ~~US\$47~~
Subscribers' Price: US\$27)

Get This Expansion Here:
<http://RichGrad.com/SSA>

- Remove bad habits
- Learn 5 times faster
- Eliminate fears and panic attacks
- Improve your social skills
- Enhance your physical abilities
- Achieve any goal
- Help your body heal
- Discharge stress
- Enjoy your life!



Use Your Affirmations With This Complementary Subliminal Affirmations Software For Maximum Effect

(Usual Price: ~~US\$147~~ Sales Price: US\$47)

<http://RichGrad.com/mindzoom>