

LIFE UNLIMITED



*101
Affirmations*

From Limitations To A Life Of
Unlimited Possibilities

The 101 affirmations contained within this presentation are adapted from the book
"What's Cramping Your Lifestyle?"
From Limitations To A Life Of Unlimited Possibilities written by Lease L. Youmans

All rights reserved. No part of this presentation may be reproduced, distributed or transmitted in any form by any means, graphics, electronics, or mechanical, including photocopy, recording, taping, or by any information storage or retrieval system, without permission in writing from the publisher, except in the case of reprints in the context of reviews, quotes, or references.

101 Affirmations | Life Unlimited is divided into 5 different areas to help you go from limitations to a life of unlimited possibilities.

PART 1
SOUL PROSPERITY

Soul Prosperity focuses on the mind, will and emotions.

Self Awareness focuses on your self-image, attitude, relationships and your individual uniqueness.

PART 2
SELF AWARENESS

PART 3
PURPOSELY MANIFESTING VISION

Purposely Manifesting Vision focuses on your life's purpose, vision and becoming clear about what you desire in life.

Focus Forward is all about letting go of your past and leaping into your future.

PART 4
FOCUS FOWARD

PART 5
GET IN THE GAME

Get In The Game focuses on taking responsibility, participation and being committed to take action.

PART 1 | SOUL PROSPERITY

1. I prosper, and I am in good health even as my soul prospers, and my soul does prosper.
2. I don't waste my time on the mediocre and mundane issues of life.
3. I use my time wisely and effectively.
4. I walk and operate in the abundance-prosperity mindset daily.
5. I live a life on abundance, peace and prosperity.
6. My abundance-prosperity mindset leads me to experience the type of lifestyle that I desire to live.
7. I am an action taker and not an excuse maker. I take immediate action putting in the work required to manifest the things that I desire in life.
8. I think thoughts of abundance, I speak words of abundance and my actions are in align with abundance. I speak life, favor and abundance into every situation that I encounter and experience.
9. I sincerely desire the success of others.
10. I push past fear as I continuously walk in faith because when I operate in faith - love, joy, peace, patience, kindness and happiness spring forth and overflow.
11. I sow seeds of positivity, peace and prosperity and I reap the rewards of positivity, peace and prosperity at every stage and phase in my life.
12. I remain teachable and I'm a life-long learner that I may gain endless amounts of wisdom and knowledge as I grow in life.
13. I willingly help others to achieve their dreams and it doesn't take away from what I desire to accomplish in life.
14. I take the time to refocus and see things from a different perspective and in doing so I gain another level of understanding and insight of what it is that I am experiencing. Also, I place myself mentally in a position to see things from someone else's perspective and position.
15. I do not lose my focus on things that don't pertain to where I desire to go in life. If it's not a part of my plan then it's not worth my time, energy or financial investment.
16. The reality of my present moment doesn't dictate the manifestation of my future desires. If I should get a snag in my plans I will either sew it up if it's still of necessity or scrap it if it's not and do something different.
17. I am not connected to my resources but to the "Source" of the resources. The "Source of Abundance" for me is God and because God is my source, there will never be a shortage of what I need or desire.
18. I shift my focus to what is available to me and how I will grow those resources into something greater.
19. I am grateful for all that I have right now even though it may not be all that I desire to have in life.
20. I make quality decisions now that will benefit myself and those connected to me in the future.

PART 2 | SELF AWARENESS

21. I am a giant slayer.
22. I make attitude adjustments when necessary for me to do so, that I may soar in life
23. My completeness lies not in other people or things but in the simple fact that I am complete in who I am.
24. Nothing and no one compares to me.
25. I am who God created me to be and as I progress in life I grow, mature and experience the fullness of who I am.
26. I will not be limited by the shortsightedness of others concerning my life's vision.
27. Because I realize that everyone that crosses my path is not meant to share my journey, I will not allow the pathway to my destiny to become cluttered with people that don't belong.
28. I am mindful of the purpose of my relationships with others and I fearlessly let go of those that now longer serve or benefit me.
29. Because I treat myself with love and respect, those that I interact with treat me with love and respect as well.
30. The relationships that I am in are loving, peaceful, respectful, fun and we support each other's life purpose and vision.
31. My life is a breeding ground for great relationships.
32. My relationships cause me to grow and thrive in life.
33. I connect with those that have been predestined to share my journey.
34. I release and let go of every person, place and thing that no longer serves or benefits my life.
35. I am aware of who I am, therefore I can have healthy relationships with others.
36. I am a giant, walking in confidence and I never back down from a challenge.
37. I will not allow a negative attitude to cause me to lose in life.
38. I will not miss out on the great things life has for me because of my attitude concerning a few unfavorable situations, I will make the necessary attitude adjustment when needed.
39. I see myself accomplishing great things in life.
40. I will not compare myself to others as in doing so causes me to devalue myself.

PART 3 | PURPOSELY MANIFESTING VISION

41. Though I am called to serve others at some level, I will not seek to please others on any level.
42. Everything that I need to win in life is already on the inside of me.
43. I am divinely created and uniquely designed for a specific purpose here on earth.
44. I am living on purpose.
45. As I fulfill my purpose in life, my life's purpose will fulfill me.
46. My vision for my life causes me to see beyond all obstacles and overcome any challenges that may arise.
47. Because I am walking in and fulfilling my purpose I am not easily distracted or sidetracked.
48. My life has meaning.
49. My purpose is undeniable; therefore, I cannot be stopped.
50. I focus on my vision and don't get caught up in meaningless distractions.
51. As I share my vision with others they begin to invest in my vision with their resources, finances, time, and abilities.
52. I get up everyday and take the necessary steps to fulfill my purpose and manifest my vision.
53. I remain patient and don't become overwhelmed and I manifest what I see concerning my life's vision.
54. I plan well the steps that I need to take to reach my destiny.
55. I am disciplined, I am committed, I am destiny focused.
56. I take the time needed to get clear about where it is that I desire to go in life and by doing so I gain focus.
57. I am honest about where I am at in life right now.
58. I accept my current situation as it is, so that I can move forward with clarity on what direction I need to take.
59. Even when it seems that nothing is happening for my I will keep going and keep doing until I am experiencing my desired outcome, I will remain consistent.
60. I am not here by happenstance but by divine purpose.

PART 4 | FOCUS FOWARD

61. I don't look back to the things and people of my past.
62. I look forward to what is before me, my purpose is before me, my vision is before me, my destiny is before me.
63. I move forward regardless of the situation or circumstance.
64. My destiny is before me, my past is behind me, therefore I will not look back.
65. I no longer answer the call of my past so that I may remain free to continuously answer the call of my future.
66. There is nothing in my past that belongs in my future, therefore I will not carry the weight of it.
67. Looking back will only cause me to miss my destination, so I choose daily to look and focus forward.
68. I will not be distracted by my past.
69. I will no longer continue to put the pieces of my past back together by remembering what was.
70. When it's time for me to move forward in life and advance to a greater level I do so immediately no matter how good my current level in life may be.
71. The thoughts of what if or what could have been will not consume me because I am constantly moving forward in life.
72. I step outside the comfort zone at every level of life and continuously walk in my greatness.
73. I will not become paralyzed by fear, smothered by excuses, settled within my comfort zone or believe the lies of others that have allowed themselves to become stuck in life.
74. Because the process of life is about progression, growth and maturity, reaching new heights and levels in life and experiencing new things I am continuously in forward motion.
75. I allow my dreams to push and pull me forward and upward in life.
76. In the face of every obstacle and challenge I choose to move forward.
77. No thing, no person, no situation, no circumstance has the strength to stop me now.
78. My continual forward motion will promote my continual forward thinking.
79. I always meditate on what's ahead of me.
80. As I accomplish one desire it will allow me to imagine something greater for my life and for myself.

PART 5 | GET IN THE GAME

81. I am willing to do what it takes to get what it is that I desire to have in life.
82. I do not procrastinate, I take immediate action concerning the manifestation of my dreams.
83. I do not sit on the sidelines of life, I am an active participant.
84. I continuously step outside of the box of every negative or unfavorable situation or circumstance that may arise in my life.
85. I choose to learn from my mistakes and not be condemned by them.
86. I silence the noise of negativity and anything or anyone that seeks to come after my dreams.
87. I take full responsibility for my life and I create the realities that I desire to see and to experience.
88. Action is not an option for me it's a necessity, therefore I get up every day and go after what it is that I want in life.
89. I take full responsibility for my life, no one else can live my life for me, therefore; it is not anyone else's responsibility to make sure that my life is handled properly.
90. I am an active participant in the lifestyle that I desire to experience.
91. I am committed to going after what it is that I desire in life and I do not stop until I am living in the experience of my desire.
92. I consistently complete what I start.
93. I do not back down to obstacles, challenges or unforeseen circumstances that may show up along my journey toward greatness.
94. I allow my obstacles to make me an overcomer and my challenges to transform me into a champion.
95. Some things that I have lost in life thus far, were not supposed to remain, they simply served their purpose and moved on.
96. I will not lose focus on what's ahead of me by focusing my attention on what those around me are doing.
97. I am an active participant in life because it prepares, strengthens, and builds me while allowing me to have staying power as I advance to greater levels in life.
98. I will not miss out on opportunities in life because of non-participation.
99. I achieve all that I desire in life.
100. I let go of "dead" weight in the form of thoughts, beliefs, people, places and things and use my strength to overcome obstacles and to grow through challenges.
101. I am supposed to be where I am right now at this very moment, experiencing what I am growing through good or bad. I am learning from this experience. I am being strengthened by this experience. This experience is propelling me into greatness allowing me to go from limitations to a life of unlimited possibilities.



Lifestyle Strategist | Author | Entrepreneur



Lease L. Youmans is a Lifestyle Strategist, who works with those desiring to pursue their purpose and reach their destiny. She helps them to reclaim their power and take charge of their lives by stepping out of their comfort zones and into their greatness. Lease specializes in styling lives from the inside out. She taps into the inner you, deal with the inner issues that are holding you back and beautifies you from the inside out.

"It's not what goes on outwardly that stop us from moving forward, it's those things that are going on within us. From within our spirits and our souls. When your life is styled from the inside out you will be able to live the lifestyle that you truly desire to live."

-Lease L. Youmans-

www.leaselyoumans.com
contact@leaselyoumans.com

join me:
@styledbylease

