



MY FIRST AFFIRMATIONS LIST

- I love being a great coach.
- I love helping people see, believe and achieve their potential.
- I love helping people make and sustain change and personal transformation.
- I build confidence, belief and self-esteem, starting with my own.
- I am an AWESOME CEO of my own life.
- I am an AWESOME CEO of my own life. (repeated)
- I AM the CEO of my own life.
- I help people - what more can I do for you?
- I love spending time everyday bettering myself, my life, my family,
• my health, my business.
- I understand gratitude.
- I am a relentless goal achiever.
- I am an internationally renowned public speaker.
- I inspire people to soar to new heights.
- I am a loving husband and amazing father.
- I run!
- I am fit and I am healthy.
- I close deals.
- I open doors.
- I make connections.
- I am a connector.
- I relax and stay true to my purpose.
- I AM the CEO of my own life.
- I create positive energy.
- I create positive momentum.
- I create movement.

***To quote George Bernard Shaw: 'Life is a brief candle or a splendid torch.'
Burn as brightly as possible and pass it on the next generations.***