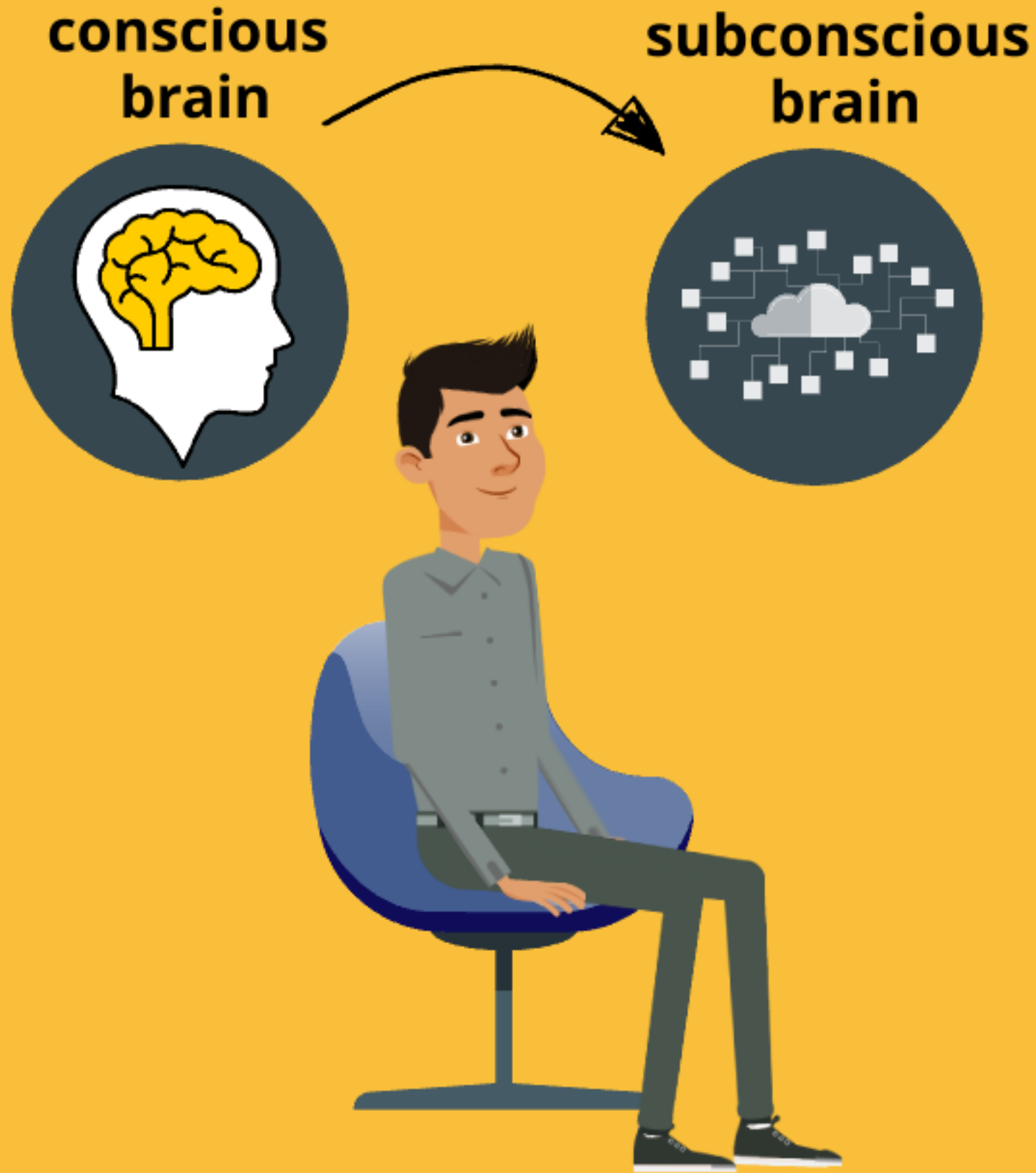


Tip 11 – Utilize Affirmations for Better Time Management





- **Positive commands are given by your conscious brain to your subconscious brain**

subconscious programming



- **Saying these statements with enthusiasm and emotion will allow them to sink into your subconscious programming**



- **"I am great at managing my time!"**
- **"I enjoy a well-balanced home and work life."**





- **If you are consistent at repeating these mantras, eventually, your subconscious mind will accept them as truth**

Consciously Constructing your Habits



- You are getting a highly detailed depiction of your ideal self, using words



- **People who use affirmations have the benefit of personally constructing their own personality**



Always Coming up with Ways to get Better



- You can always come up with new statements to use



- **Productive and successful people know they must constantly be looking for ways to improve in order to get the most out of their life**

In Summary

● Tip 11 – Utilize Affirmations for Better Time Management

1. Consciously Constructing your Habits
2. Always Coming up with Ways to get Better