

READ FOR SUCCESS

6-Day Brain Enhancement Masterclass

Read Faster

Remember Quickly

Brain Fitness Strategy

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Write Your Own Affirmations

Choose 3 negative thoughts/feelings	Write down the positive opposite that counteracts that belief.
Bad memory	I have a sharp, focused and powerful memory

Guidelines :

- Start affirmations with **“I” or “My.”**
- Write affirmations in the **Present tense.**
- Don't use **“I want” or “I need” Or “I don't” or “Try”**
- Affirmations should be **positive statements.**
- Create affirmations **simple** that will work.
- Make your affirmations only a **few words long.**
- Write as though you're grateful for already having and being what you want
- Create affirmations that are **realistic and achievable.**
- I am in the process of attracting more money
- Make it specific.
- Include at least one **dynamic emotion** or feeling word.
- Make affirmations for **yourself**, not others.

Sample :

- I am a super reader, Speed reading comes naturally to me, and I'm reading three times faster than usual.
- I am so happy and grateful that I am now earning Rs.10,00,000/month



AFFIRMATIONS (Sankalpa's) for Read Faster

- ✓ I am a **Genius**, my mind works like a **supercomputer**
- ✓ I am a fast reader
- ✓ I find it easy to read at least **1 Book** each week
- ✓ Remembering what **I read** is easy for me
- ✓ **Enjoy reading** books has made me much smarter
- ✓ Finding **time to read** comes easily to me
- ✓ I have a **sharp, focused** and **powerful** memory
- ✓ I have **high concentration** levels
- ✓ I **exercise** my mind by reading and learning new things
- ✓ Everyday in every respect, I am getting **better, better & better**