

The New Anthem

For thirty days, every morning and every night, find a mirror, stand up straight, and confidently say the following out loud:

I, [your name], choose my thoughts. I know that doing my best starts with thinking my best. Like laying a path for an adventure, these thoughts will set the course for my actions. I'm confident that what I think matters. I'm excited to see what happens next. I'm disciplined and dedicated to stick with it.

Here are ten things I know:

1. Today is brand-new and tomorrow is too.
2. I've got a gift worth giving.
3. The only person standing in my way is me, and I quit doing that yesterday.
4. I am the CEO of me, and I am the best boss.
5. Winning is contagious. When I help others win, I win too.
6. Feeling uncomfortable is just a sign that my old comfort zone is having a hard time keeping up with me.
7. Momentum is messy.
8. Everything is always working out for me.
9. I am my biggest fan.
10. The best response to obstacles is to do it anyway.

In the morning

I've pulled the slingshot back. I'm not leaving this room, I'm launching from it, ready for a day of untold opportunities. I've packed honesty, generosity, laughter, and bravery for the road ahead. Watch out, world! It's time to step up, step out, and step in.

In the evening

What a day! The best part is I left myself a lot of fun things to work on tomorrow. When my head hits that pillow, I'm off the clock, storing up energy and excitement for a brand-new day.

Additional Affirmations:

- All of my hard work pays off
- I deserve love
- I'm exactly where I need to be
- There's everything I need in life
- My needs are just as important as everyone else's
- I am my true self
- I am my top priority
- I'm free
- I am a priority
- My needs are incredibly important