

ZIG ZIGLAR DAILY AFFIRMATION

Step #1: For thirty days, first thing in the morning, last thing at night, by yourself, in front of a mirror, stand up straight, square your shoulders, look yourself in the eye and quietly, firmly say in the first-person present-tense:

I, Aaron Zapata, am a person of integrity, with a good attitude, and specific goals.

- I have a high energy level, am enthusiastic, and take pride in my appearance and in what I do.
- I have a sense of humor, lots of faith, wisdom, and the vision, empathy, and courage to use my talents effectively.
- I have character and I am knowledgeable. My convictions are strong and I have a healthy self-image, a passion for what is right, and a solid hope for the future.
- I am an honest, sincere, and hard-working person.
- I am tough, but fair and sensitive.
- I am disciplined, motivated, and focused.
- I am a good listener and patient, but take decisive action.
- I am bold and confident, yet humble.
- I am an encourager, a [finder of good in all things]*, and a forgiving person.
- I am a student, a teacher, and a self-starter.
- I am obedient, loyal, responsible, and dependable.
- I have a servant's heart, am ambitious and a team-player.
- I am intelligent, competent, persistent, and creative.
- I am health-conscious, "balanced" and "clean."
- I am flexible, punctual, and thrifty.
- I am an honorable person who is truly grateful for the opportunity life has given me.

“These are the qualities of the winner I was born to be and I fully intend to develop these marvelous qualities with which I have been entrusted, [*by God.**]”

Step #2: Repeat the process the next morning and close by saying: “These are the qualities of the winner I was born to be. Today is the first day of the rest of my life and it is WONDERFUL!”

“Tonight, I am going to sleep wonderfully well. I will dream powerful, positive dreams. I will wake up tomorrow energized and refreshed, and tomorrow is going to be MAGNIFICENT!”

*I modified it to make sense for me and to personalize.

-Aaron Zapata

