



101 AFFIRMATIONS TO MANIFEST YOUR DREAM LIFE

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WHY I MADE THIS FOR YOU

A note from Frederik, before you begin

Affirmations changed my life. I would not put my name on this if they did not.

I do really believe that what we see in our life is the result of the things we say to ourselves. So for me, affirmations are much more than affirmations. They are creation. They are statements. What we say to ourselves and to other people, and especially what we speak out loud, is much more powerful than what we only think in our head.

Sometimes people are afraid of their negative thoughts. I personally think you should not be afraid of them. Let them pass, and focus on what you speak out, on what you actually say. Affirmations are a very good practice to learn to say the things you want to create in your life.

For me the key is to enjoy the process and to make it fun for yourself. It should not be a chore and it should not be a burden. It should be something you enjoy. So do a little bit every day. The best is early in the morning as soon as you wake up, but also during the day, in the shower, or before you go to sleep.

For me it is about micro habits. How can you attach this to something you already do? Maybe you do your affirmations while you are waking up, with some nice music on to get yourself in a good state. Maybe you do them when you go for a walk in nature – I like to do that myself. Maybe you do them in the shower, when you feel good. Those are the moments.

And it is normal that in the very beginning you have a bit of an internal fight, a little voice that says that is not true. I have the same. The key is to keep repeating it and to keep saying it every single day. Watch your feeling while you do it. Make sure you feel good. Stand straight, look up, get yourself in a good state.

The next page is the short version of everything I have learned about this, and the eight steps after it are how to do it so it works. The 101 lines after them are there so you never have to think of one yourself. Start tomorrow morning, and pick three.

In Appreciation,

Frederik Talloen

Founder, Freedom Mastery

What is in these pages

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FIVE THINGS THAT MAKE AFFIRMATIONS WORK

The short version of everything I have learned

If you read only one page of this guide, read this one. These five are the difference between saying words and actually changing something. Do not try all five at once – take the first one tomorrow morning and give it a week.

1. The feeling is the fuel. The words are only the car

You can say a perfect sentence a hundred times and get nothing from it if you feel flat while you are saying it. The words are the vehicle and your feeling is what moves them, so one line said while you genuinely feel good is worth more than fifty said out of duty. This is why I keep telling you to enjoy it. Enjoying it is not a nice extra. It is the engine.

2. Say thank you before it arrives, not only after

Almost everybody is grateful once the good thing turns up. Try it the other way around and be grateful first, for the thing you want, as though it is already yours. Something shifts when you do that, because you cannot feel real gratitude for something and feel that it is missing at the same time. Add one thank you to every affirmation you say, and you will feel the difference inside a week.

3. Do not fight a bad feeling, because fighting it feeds it

When a heavy feeling comes and you push against it, you are keeping your attention on it, and attention is exactly what makes it grow. So stop wrestling with it. Notice it, let it be there, and move your attention to something you love instead. Resisting it is what gives it its size, and the moment you stop resisting, it starts shrinking on its own.

4. Watch your words for one whole day

Take one ordinary day and just listen to what comes out of your mouth. Most of us have no idea how often we speak against ourselves – about our body, our money, our work, our luck – and it is a shock the first time you actually count it. You are not doing this to feel bad about yourself. You are doing it to find out what you have been affirming all these years without ever meaning to.

5. Speak about what you love all day, not only for ten minutes

Ten minutes of affirmations in the morning and eleven hours of complaining afterwards is a fight you cannot win. So let the ten minutes be where it starts, and then carry it into the day. When something good happens, say it out loud. When somebody asks how you are, answer with the best true thing you can find. The whole day is the practice. The morning is only where it begins.

8 SIMPLE PROVEN STEPS TO MAKE AFFIRMATIONS WORK FOR YOU

Steps 1 to 4

Have you tried affirmations before and not got the results you wanted? It is not your fault – nobody ever taught you how to do them. These eight steps are how they are done.

1. Calm your body first

Before you say a single word, take thirty seconds of slow breathing. In through the nose for four, out through the mouth for six, three or four times. That is it. A body that is still in fight-or-flight will argue with every sentence you say. A calm body listens. This is the step almost everybody skips, and it is the one that decides whether the other seven work.

2. Do it in the first ten minutes of your day

Say them early, while your mind is still waking up and is in an alpha state. Those first ten minutes set the tone of everything after them. Fifteen to thirty minutes is the goal, but two minutes done every day beats thirty minutes done twice. Whisper them, say them out loud, write them and read them back – even if it feels awkward at first. Especially if you do not feel like it.

3. Use the way you learn best

Close your eyes and think about your last holiday. What comes first – a picture, a sound, or a feeling? If it is a picture, collect images of your affirmations and see them coming true. If it is a sound, record yourself saying them over music you love and play it back every day. If it is a feeling, put your hand on your heart and feel them, or say them while you walk. Best of all, use all three.

4. Feel good first, then say the words

Focus on how you feel while you are saying them, not on the day they come true. Say them like they are already your life and enjoy the two minutes for their own sake. The feeling is the part that does the work – the words are only how you get there. I use music that moves me, every morning, because it gets me to the right emotional vibration in seconds.

8 SIMPLE PROVEN STEPS TO MAKE AFFIRMATIONS WORK FOR YOU

Steps 5 to 8

5. Be patient with the voice that says this is not true

In the beginning you will feel resistance. A small voice will tell you that you are lying to yourself. That is normal and it happens to everybody. Do not fight it and do not feed it – notice it, and say the line again anyway. Affirmations do not feel genuine until you start believing them, and you start believing them by repeating them. Give it a few weeks.

6. Pick one to five, not 101

Read the list once and mark the lines you believe you need most in your life right now. Pick between one and five. Not ten. Those are the ones you carry with you all day, in your head, at the traffic light, in the queue. The rest of the list is there for the month after this one.

7. Do it for thirty days without skipping

It takes about thirty days of consistent action to lay down a new pattern. Skip a day and you are starting the count again, so it is easier not to skip. Use the Habit Creator page in your Law of Attraction Planner to tick off every day, and use the tracker at the back of this guide if the planner is not next to you. Seeing the row of ticks is half the reason it works.

8. Take one action, then say thank you

An affirmation on its own will not change anything. Say the line, then do one small thing today that a person living that line would do – one call, one walk, one page. The action is what turns the words into belief. And when you see the first evidence of it in your life, stop and say thank you, thank you, thank you, and repeat the affirmation ten more times. Celebrating is what tells your mind to look for more of it.

Have fun with it, and have a wonderful blessed day.

101 I AM AFFIRMATIONS THAT WILL CHANGE YOUR LIFE

Pick one to five. Say them for thirty days

1. I am grateful for this new day
2. I am expecting the best today
3. I am wonderful
4. I am amazing
5. I am a masterpiece
6. I am God's masterpiece
7. I am faithful
8. I am patient in every situation
9. I am trusting my inner wisdom and guidance
10. I am in harmony
11. I am in love with this world
12. I am in love with myself
13. I am in love with nature
14. I am in love with the people around me
15. I am in love with my health
16. I am feeling love all around me
17. I am accepting my emotions
18. I am letting go easily
19. I am feeling better every day
20. I am getting healthier every day
21. I am living my truth
22. I am growing a millionaire mindset
23. I am successful in everything I do
24. I am opening my heart to this world
25. I am speaking my truth
26. I am forgiving everybody who hurts me

101 I AM AFFIRMATIONS – continued

27. I am sending my blessings to everybody I meet
28. I am letting go of conditional love and accepting unconditional love in my life
29. I am a beautiful person
30. I am in perfect health
31. I am choosing the right foods for me
32. I am in love with my body
33. I am in love with my family
34. I am in love with my partner
35. I am grateful for all blessings coming my way
36. I am open to receive more good things in my life
37. I am an excellent receiver
38. I am receiving more money every day
39. I am surrounded with people who support and love me in a positive way
40. I am seeing the good in every situation
41. I am getting more willpower every day
42. I am getting more awareness every day
43. I am accepting more easily every day
44. I am an excellent money manager
45. I am surrounded with loving, supportive friends
46. I am giving love and blessings wherever I go
47. I am an amazing leader
48. I am a light for this world
49. I am living in bliss every day
50. I am calm and peaceful in every situation
51. I am in control of my emotions and let go easily

101 I AM AFFIRMATIONS – continued

- 52. I am healthy and strong and can handle any situation
- 53. I am aware of my feelings, I accept them and let go now
- 54. I am allowing myself to feel my emotions and let go
- 55. I am focusing on progress, not perfection
- 56. I am letting go of negative thoughts and feelings
- 57. I am letting go of anger, fear, judgment, worry and frustration easily
- 58. I am in a state of joy and feel the love around me all the time
- 59. I am in a state of gratitude all the time
- 60. I am laughing and making jokes every day
- 61. I am one with the universe and all is well
- 62. I am replacing fear with love in my life
- 63. I am a leader and act in spite of fear
- 64. I am bigger than any obstacle
- 65. I am filled with limitless energy
- 66. I am prosperous in every way
- 67. I am a genius
- 68. I am intelligent
- 69. I am persistent and disciplined
- 70. I am good and I know it
- 71. I am a talented person
- 72. I am a success in all that I do
- 73. I am living with passion and high confidence
- 74. I am welcoming peace, joy and love in my life
- 75. I am joyful
- 76. I am full of love

101 I AM AFFIRMATIONS – continued

- 77. I am at peace with every situation
- 78. I am filled with amazing feelings
- 79. I am a magnet for unconditional love
- 80. I am aware of judgment and I let it go
- 81. I am letting go of what other people think
- 82. I am listening to my intuition
- 83. I am loving and accepting who I am
- 84. I am listening to my heart
- 85. I am at one with the inner child in me
- 86. I am God's perfect creation
- 87. I am one with life
- 88. I am making the right choices all day using my inner wisdom
- 89. I am proud of what I have achieved in my life
- 90. I am enough
- 91. I am strong and fortunate
- 92. I am a powerful person, full of love
- 93. I am achieving greatness
- 94. I am blessed, happy and strong
- 95. I am free, joyful and in bliss
- 96. I am full of faith, I can do everything
- 97. I am aware that everything happening now is for my ultimate good
- 98. I am the architect of my life, I build the foundation and choose its contents
- 99. I am forgiving those who have harmed me in my past and peacefully detaching from them
- 100. I am leaving old habits behind and taking up better ones today
- 101. I am filled with gratitude and kindness for another day on this earth

MY 30-DAY I AM TRACKER

One tick a day. Skip a day and start the count again

Pick one to five affirmations from this guide. Write the three you will say every morning below, then tick a box for each day you say them. Thirty ticks in a row is what lays down the new pattern.

The three affirmations I chose

Thirty days

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

What changed in these thirty days

Copy them into the Habit Creator page of your Law of Attraction Planner. Doing it in the planner, next to the rest of your day, is what makes it stick.