



## Affirmations to Elevate Your Professional Image

Q: What are Affirmations?

A: Affirmations are sentences aimed to affect the conscious and the subconscious mind, so that in turn, they affect our behavior, thinking patterns, habits and environment.

Q: What do Affirmations do?

A: What Affirmations Do

1. They motivate.
2. They keep your mind focused on your goal.
3. They influence the subconscious mind and activate its powers.
4. They change the way you think and behave. This can bring you into contact with new people, who can help you with your goals.
5. Positive statements make you feel positive, energetic and active, and therefore, put you in a better position to transform your inner and external worlds.

Q: When and How to Repeat Affirmations?

A:

1. Devote some special times during the day for repeating them.
2. Repeat them wherever you are, and whenever you want and have the time.

NOTE: *Before starting, ask yourself whether you really want to get what you want to affirm. If you have doubts and are not really sure that you want it, your doubts will stand in your way. This is one reason why people do not get results, and then lose their belief in this power.*

## 10 Affirmations to Elevate My Business

1. **I love my work & want to share my talents with others**
2. **I am completely comfortable marketing my product/service on Facebook & Instagram**
3. **I am an industry expert in my line of business**
4. **I am widely recognized as an industry expert in my line of business**
5. **My closest friends & family know exactly how my product/service helps people**
6. **I'm comfortable requesting positive testimonials**
7. **It's easy for me to talk about why people need my service**
8. **I'm becoming more respected as an industry leader**
9. **I'm comfortable letting others see me in the spotlight**
10. **My quality of life improves as I elevate my professional expertise**