

CHALLENGE TO EXCELLENCE

AFFIRMATIONS

KATHLEEN SHEA
THURSDAY

MONDAY

The ancestor of every action
is a thought.

I am impeccable with my word.

I become what I think about
all day long.

I am a marvelous creation ... a miracle.

I set my goals, I make it happen.

No one can steal my dreams.

TUESDAY

I greet this day with a positive opinion
for everyone I meet.

I treat myself and all others with love
and respect. I am immune to the
opinions and actions of others.
Every positive belief will have a
positive result.

Every negative belief will have a
negative result.

Attitude is everything!

**I HAVE AN
ATTITUDE OF GRATITUDE!**



WEDNESDAY

I am a work of art!

I am priceless, precious,
magnificent.

("A Precious Angel")

What I imagine as real becomes
my vision of reality.

I have the courage to ask for
what I want.

to G-E-T you have to A-S-K!

My goals are conceivable,
believable, achievable.

My dreams are my reality.



**I AM 100% RESPONSIBLE
FOR WHO I AM.**



I am a positive person.

I always do my BEST.

I wake up happy.

I can accept a new self image.

My mind doesn't know the
difference between an imagined
success and a real success.

I put only positive thoughts into my
amazing brain.

FRIDAY

I am the write, director, and actor
of my own script.

I AM THE STAR!

I forgive everyone and everything
in my past.

I live in my present moments.

I cannot fail... I just
learn from my mistakes.

I don't have problems in my life,

I have challenges in my life.

I make the choice to be happy!

I DO MY PERSONAL BEST!

