

TheUbermanSecret.com

DESTINY CREATION AFFIRMATIONS



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Personal Reflection Exercises...

As I Let Go Of Dissatisfaction
I Feel Happiness In My Life.



As I let go of dissatisfaction, I feel happiness in my life.

Dissatisfaction has no place in my life. I know that challenges are often opportunities in disguise, and disappointments are merely an unexpected fork in the road that will lead me on a unique journey full of beauty and growth.

Even though I did not choose this path, I keep on walking, eager to discover what is ahead.

I know that no one has a perfect existence, that life always implies a push and pull, give and take, gain and loss. I know that one cannot exist without the other.

I let go of the idea that I should have everything I want just the way I want it, and focus on the beauty of what I do have in this moment.

I recognize, too, that challenges and disappointments can be opportunities for learning and growth if I allow them to be.

I am certain that every situation can teach me something about my life.

Life is often like panning for gold. If I allow myself to get discouraged by all the silt I am sifting through and just give up, I miss out on the hidden nuggets of gold.

I look objectively at my circumstances, having faith that the opportunities inherent in distressing situations will eventually reveal themselves if I remain open to them.

Self-Reflection Questions:

1. What is one good thing a previous disappointment brought into my life?
2. Am I missing opportunities because I'm holding too tightly to my own plans?
3. What disappointments can I release from my mind so I can enjoy the new opportunities that are revealed to me?

Personal Reflection Exercises...

By Sharpening My Tools I Can Find Better Ways Of Completing My Tasks.



By sharpening my tools, I can find better ways of completing my tasks.

I am talented and use many tools every day to achieve my goals. Honing my talents and skills helps me complete my routine more efficiently.

By improving my tools and talents, I can reach my goals, complete my daily tasks and accomplish more.

I sharpen my tools by learning, taking action and remaining receptive to change. I am open to using new tools to sharpen my existing ones.

I know precisely what I have within me to complete my tasks so I can make effective plans to achieve them.

When I take the time to learn and improve, I find that I can do things more effectively, efficiently, and accurately.

It may take several times before I am comfortable using a new tool, but it's worth the effort.

It is okay for me to try new ways of doing things and improve on the old. By remaining open to change I am open to continued growth.

Today I can use my tools to complete my tasks with ease and comfort. I am open to change and can enjoy learning new ways to improve my life.

Self-Reflection Questions:

1. What new tool have I learned to use recently?
2. Have I made the effort to practice so I can become comfortable with new tools?
3. Have I allowed myself to be open to change?

Personal Reflection Exercises...

I Am A Magnet For Rewarding Relationships.



I am a magnet in favor of rewarding relationships.

I attract worthy people and repel harmful relationships. People of value are attracted to me because I value myself. The people who join themselves to me are trustworthy.

I deserve to have rewarding relationships because I am a good person. I model for others how to treat me by treating them the way I would like to be treated.

Great relationships don't simply fall into my lap, I draw them to me. Good relationships are not based on luck, but on hard work.

My relationships are healthy because I am diligent in establishing boundaries and maintaining them. People know their limits around me. People treat me with respect and integrity.

I admire my friends. They help me find my way through the maze of life. They stick with me through thick and thin, and I benefit from my relationships with them. When one of my friends steps out of my life, they leave wonderful memories.

Each day, I find another important reason to appreciate my friendships. I constantly give thanks for the blessing of friendships. I am a better person because of my relationships. Whether the relationship is romantic, professional, family or simply a friendship, all of my relationships are rewarding.

My life is free from destructive or stagnant relationships. I make people feel loved and appreciated. In turn, they want to be around me and support me. I am always treated with dignity because I expect nothing less.

Self-Reflection Questions:

1. Do I have a destructive relationship with anyone? How can I change it?
2. What do others learn from watching how I treat myself?
3. How do I treat others?

Personal Reflection Exercises...

I Am Capable Of Learning New Things In All Aspects Of My Life.



I am capable of learning new things in all aspects of my life.

Every area of my life offers room for improvement. I am where I am today because I have opened myself up to betterment and have embraced the opportunities to learn and grow.

I welcome new things into my life because everything I learn serves to make me a better person. I let go of the fear that I am unable to learn because I know I am capable of learning and applying newfound knowledge to my life.

All around me are opportunities to learn. I am confident in my abilities to take advantage of these opportunities and apply new ideas to my life.

When I learn unfavorable things about myself, such as my tendency to procrastinate, I am able to accept this knowledge and implement plans to manage them.

I improve my life and enjoy greater success by learning new things.

Today I will open my mind to new possibilities and actively seek fresh ideas. I will also strive to apply my newfound knowledge to my life to make me a better person.

I will increase my perception of the world around me and incorporate new ideas into my plans.

Self-Reflection Questions:

1. What have I learned about myself?
2. How can I apply these lessons to my life to better myself?
3. Have I opened my mind to learning opportunities today?

Personal Reflection Exercises...

I Am Thankful For All Opportunities.
My Attitude Reflects My Happiness.



I am thankful for all opportunities. My attitude reflects my happiness.

I am thankful for all opportunities that come my way. I let go of the idea that things must be ideal for me to be happy. I recognize that every situation has both challenges and rewards.

Basing my sense of well being on the absence of conflict in my life is futile. There will always be challenges, and I cannot delay my happiness because of their presence.

I believe that success comes to those who take action with what they have at hand. Opportunities for small successes often lead to greater possibilities.

For this reason, I choose to look for the opportunities inherent in every circumstance. Even unpleasant situations can lead to better opportunities that would not have been available without facing the challenge.

I know that challenges teach me the patience and other skills I need in order to make the most of my life. Obstacles help develop my character.

I welcome all challenges and I remain open to the good that awaits me with each new opportunity.

By letting go of the expectation of ease or perfection, I enable myself to discover the possibilities within every situation. I create my own happiness, even in the midst of challenges.

Self-Reflection Questions:

1. Am I waiting for perfection in order to be happy?
2. Do I view challenges as obstacles or opportunities?
3. What opportunity has come to me unexpectedly because I remained open to finding the good in a tough situation?

Personal Reflection Exercises...

I Can Find Positive Ways To Relieve Stress.



I can find positive ways to relieve stress.

I create constructive and uplifting ways to alleviate stress in my life.

I enjoy the creative ways I have devised to relieve unnecessary pressures and this enhances my entire life.

My life is calmer, more interesting, and fun because I use positive methods to eliminate stress.

Stress is inevitable; however, I can manage my stress and relieve it, which allows me to live a healthier and more productive life.

Creatively relieving my stress makes me feel confident and strong in my abilities to take care of myself. I feel renewed and recharged when I am able to handle my stress.

I am excited about exploring new ways to relieve stress. This in itself is a fun challenge for me.

Wherever I am I can use many positive techniques to calm my mind and body. One technique I use is focusing on lowering my heart rate; this technique lowers my stress by calming both my body and mind. Today I will focus on constructive and creative ways of relieving my stress. I will attempt to come up with new ways to make my stress management a fun activity that I look forward to.

Self-Reflection Questions:

1. What creative ways have I managed stress?
2. What special places in my mind can I go to and relieve my stress?
3. What is the most unusual technique I have devised to alleviate stress?

Personal Reflection Exercises...

I Can Sit Back And View All The Wondrous Things Life Has To Offer Me.



I can sit back and view all the wondrous things life has to offer me.

When I look at life, I see the many incredible things it can bring me. I am full of energy and enthused because I see hope, and hope keeps me excited about new possibilities.

I aspire to become more than my previous generation because there are so many opportunities available to me that they did not have.

I am confident about my future. I let my imagination flow and it creates a passion inside me.

I wait with anticipation for my actions to result in the things I desire. I love the feeling of security it gives me and I am enlightened to go on.

There are no guarantees, but as long as I am breathing, the possibilities are endless. I envision my destination and enjoy the journey life has thrown my way.

Life contains many twists and turns. There may be bumps in the road, but joy is my reward when I know my path and follow it.

I am elated and amused at the amazing road ahead. What is around the corner may be a mystery, but I know that it is something good.

I plant seeds of positivity because I know that soon the harvest will arrive and I will reap the benefits.

Self-Reflection Questions:

1. How will I take advantage of opportunities that I see?
2. What can I do to maximize my potential?
3. Do I wait with fear or enthusiasm for what I will find around the corner?

Personal Reflection Exercises...

I Enjoy Being Me.



I enjoy being me!

What a wonderfully unique person I am!

I love how it feels to be me. I enjoy my life and cherish all the little nuances that occur every day.

I am where I am in life because of the choices I made and the work I put into being precisely who I am. I am exactly the person I want to be.

I will continue to grow and learn new things. I will continue to experience new things in life and transform for the better; this is part of being me.

I have surrounded myself with wonderful people and I enjoy who I am when I am with them.

I enjoy who I am when I am alone as well. I take pleasure in self-reflection and I appreciate how I permit myself to enjoy solitude.

I am fun and caring. I am talented and trustworthy. I am glad to be just who I am.

Today I will have a special date with myself and plan a time where I can simply enjoy being me. I will do things I like to do and focus on the pure enjoyment of my time with me.

Self-Reflection Questions:

1. What is my best attribute?
2. What have I enjoyed doing by myself?
3. How do I show myself appreciation for being the wonderful person I am?

Personal Reflection Exercises...

I Gratefully Replenish My Mind, Body, And Soul.



I gratefully replenish my mind, body, and soul.

Living a full life requires thoughtful words, planned actions, an energized body, and a committed soul. Because I want to enjoy my life and bring happiness to others, I ask that my mind, body, and soul be fully present in my life.

Every day I take actions to rejuvenate myself because I function best when I replenish my mind, body, and soul.

I gratefully replenish my mind by seeking out activities that fuel my brain. I solve puzzles, read books, have stimulating conversations with friends, and challenge myself to complete new tasks. I take time to stir my creative thoughts.

By exercising and pampering myself, I replenish my body. Getting my body moving and taking time to rest are both important aspects to energizing my physical being.

Not only do I get a full night's sleep, but I also find ways to strengthen my body through vigorous daily activity.

Taking care of my soul is another way to replenish my life. I use self-reflection and prayer to make sure I stay true to my passions, purpose, and relationships. Nurturing my soul is a valuable part of my daily routine.

I am grateful for the gifts of my mind, body, and soul, so I do my best to replenish them. Finding time to take care of myself is vital. Loving and nurturing my mind, body, and soul bring me health, happiness and fulfillment.

Self-Reflection Questions:

1. What have I done today to replenish my mind?
2. Have I both exercised and rested my body today?
3. Can I find more active ways to nourish my soul?

Personal Reflection Exercises...

I Have The Ability To Expand My Comfort Zone Slowly And Consistently.



I have the ability to expand my comfort zone slowly and consistently.

I know that it is important for my personal growth to expand my comfort zone.

However, I also recognize that this is a process, rather than an instantaneous transformation.

I do not have to do everything overnight. Taking small steps toward my goal in a consistent fashion is more effective in the long run than attempting giant strides that fail.

I recognize my limits and stop short of them so I can maintain forward momentum.

I understand that stretching my comfort zone is often physically and emotionally tiring. Rather than using this as an excuse to stay stagnant, I plan time to recuperate my energy.

I reward myself for the efforts I take to expand my comfort zone, and I do so without guilt, knowing that this is important to my success.

I am also aware of the importance of support, so I make it a point to find people who understand my goal. I recognize that asking for support when I need it is a sign of maturity, and I am unashamed to utilize the help of others.

I make concrete plans toward achieving my goals and expanding my comfort zone step by step. By granting myself time, understanding, and support, I equip myself to go the distance in due time.

Self-Reflection Questions:

1. What is one step I can take, today, to expand my comfort zone?
2. Who can I ask to support me as I gradually move forward toward my goals?
3. Am I avoiding working toward a goal because I feel it is too far out of my comfort zone?

Personal Reflection Exercises...

I Let Go Of Others' Opinions Of Me. It Doesn't Matter What They Think.



I let go of others' opinions of me. It doesn't matter what they think.

I enjoy who I am as a person and who I portray to others. I am truly satisfied with who I am and fully accept myself.

The opinion I have of myself is good enough for me; others' opinions do not really matter because I am secure in who I am.

I let go of my concern over what others may think of me. Worrying about what impression I may make on others is not healthy for me and I let go of this urge.

I cannot control others' thoughts anyway, so I focus, instead, on taking control of my own thoughts and actions. I remain true to myself, therefore coming out of every situation with a high opinion of myself, which is what matters.

Other people may think what they want, but they do not know the whole story.

They see only a portion of who I am, so they will have a skewed opinion at best. I, however, know my story and value my opinion of me much more.

Today I am focusing my attention on what I think of myself and I am letting go of the urge to worry about others' opinions. I accept myself and enjoy who I am.

Self-Reflection Questions:

1. Am I satisfied with who I am?
2. Do I worry about what other people may think of me?
3. Whose opinions do I feel are more important than my own? Why?

Personal Reflection Exercises...

I Welcome New Training And Tools.
They Help Me Remain Successful.



I welcome new training and tools. They help me remain successful.

To maintain my success and continue to move forward, I always strive to better myself.

I have many tools that help me be successful in all areas of my life. I also welcome new tools to help me deal with new situations and strengthen my current tools.

New training can increase my knowledge and bring new skills to my toolbox. There are always new techniques to help me become more successful. I look forward to learning these new skills for greater success.

I am always trying to better myself. The one sure way to do this is to accept and welcome new training and tools as they become available.

Self-improvement is important in all areas of my life and learning new things helps me ensure my success.

I recognize the many benefits of welcoming new tools or training: a better job, better people skills, more friends, and updated information. They also bring different ways to deal with conflict and stress, encourage enlightenment, and much more.

Today I will remember that remaining successful is important to me and remain open to new training and tools. I will seek out one new skill to add to my toolbox.

Self-Reflection Questions:

1. What are some benefits of welcoming new tools or training?
2. How do they help me remain successful?
3. What are some areas in which I could use some new training or tools?

Personal Reflection Exercises...

My Mind Is Focused And Attentive To My Tasks. I Do Not Allow Distractions To Infiltrate My Thoughts



My mind is focused and attentive to my tasks. I do not allow distractions to infiltrate my thoughts.

I am focused and attentive when I am engaged in a task. Because I am organized, I am able to give the project in front of me my full attention.

I have created a time for everything that is important to me; I am able to let go of all except the task at hand, knowing that I will come around to other matters in due time.

I stay focused and avoid wasting time because I know where I am headed and how I plan to get there. By taking a few minutes to plan, I can clarify my goals.

Because I am clear about what I intend to accomplish, I am able to recognize those thoughts and activities that will only be a distraction, and I set them aside so I can keep my focus.

I assist myself in this by creating an environment that is conducive to concentration. I limit outside noise and let others know when I am available.

I let go of feelings of guilt when I am in a focused state. I know that I am far more effective by focusing on one task at a time so that I can be as productive as possible.

Self-Reflection Questions:

1. When I start a project, do I take time to get a clear picture of my goal?
2. Have I set aside time for things that are important to me?
3. Do I have realistic expectations for myself, or am I trying to do too much at once?

Personal Reflection Exercises...

Relaxation Is My Doorway To Peace, Productivity, And Motivation.



Relaxation is my doorway to peace, productivity, and motivation.

I aim to live a life that is peaceful and productive. Relaxation is one of the most important tools I use to achieve this goal.

When I relax, I allow the stress of the day to slip from my body. My muscles loosen, and within a few minutes, my thoughts begin to calm.

By allowing relaxation, I enable myself to choose healthy responses to stress. I disallow reactionary responses and, instead, choose words and actions that reflect wisdom and insight.

Taking a few moments out in the middle of a busy day also increases my productivity. This time is important, and I make it a priority. By allowing myself to sit back and close my eyes for a few minutes, I restore my energy and revitalize myself.

Sometimes the busyness of my day does not allow for more than a few moments of rest. That's okay. When I reserve time for myself in the evening or on the weekend, it still enables me to be motivated and able to deal with the challenges at hand.

Setting aside time for myself is an investment. It gives me energy and allows me to be far more productive. I find that I am calmer, wiser, and better able to deal with life's challenges when I make time to relax.

Self-Reflection Questions:

1. Do I allow myself to take time out to relax?
2. What activities relax or recharge me?
3. What could I change in my daily routine to allow for a few moments of relaxation?

Personal Reflection Exercises...

When I Help Others, I Gain So Much More In Return.



When I help others, I gain so much more in return.

When I help others, I am doubly blessed. First, I know I am blessed to have something to give. Second, when I give of myself, my blessings are returned many times over.

The investment of helping someone else yields returns at a much faster rate than self-absorption.

When I help others, in turn, they also help me when I am in need. In the end, I have created a community of caring relationships. These relationships are important for the health and fulfillment of every member of my community.

Communities are a symbol of humanity's reality that no man is an island. I know I cannot go through life without the help of others, and strive to help my fellow man.

I am rewarded when I see the smile in another person's face because of something I have provided them. It is a great joy to be able to light up another person's eyes.

I feel a sense of fulfillment and accomplishment because I can go outside myself to meet another person's needs. I share in the joy that others experience when they receive help from me.

When I help others, I learn lessons in humility by considering others above myself. Helping others reminds me that it is not all about me. I learn gratitude by putting myself in the shoes of others and being thankful for what I have.

Gaining a clearer sense of purpose, a heart filled with gratitude, a humble attitude, and caring relationships in return for merely helping others seems to me like an excellent trade.

Self-Reflection Questions:

1. Who can I help today?
2. What do I have to offer?
3. When was the last time I helped someone?

Personal Reflection Exercises...

With My Shield Of Confidence, Preparation, And Strength, I Am Protected Against Anything Thrown My Way.



With my shield of confidence, preparation, and strength, I am protected against anything thrown my way.

Because I have taken the time to prepare my mind and strengthen my body, I have confidence that I will be able to handle anything that comes my way.

I am continually in the process of learning and growing spiritually, mentally and emotionally. I desire more than simply putting in my eight hours and then being a lump with the rest of my time.

I keep myself fresh and engaged by participating in activities that stretch me: attending classes or seminars, reading quality books, and participating in discussion with those who value honest searching.

I make it a habit to participate regularly in prayer and meditation, either on my own or with other spiritually minded individuals, because I recognize the supreme importance of keeping myself open to the Divine.

I have put myself beneath the tutelage of at least one older, wiser person who can help me develop myself to the best of my abilities.

I strengthen my body as well because I know that it must be nurtured in order to perform optimally.

I wouldn't fill my car with sludge, leave it in the garage for five years, and then expect it to win a race! My body is the same way. For optimal performance, I must maintain it through proper diet and exercise.

I do this because I know that with a sharp mind, vibrant spirit, and strong body, I am prepared for any challenge.

Self-Reflection Questions:

1. Do I ask for divine strength and guidance?
2. Do I engage in activities that keep me stretching and growing?
3. Am I treating my body as a valuable tool?