



Level 10 Success Affirmations

Welcome to your Miracle Morning “Level 10” Life affirmations! These are based on concepts taught in *The Miracle Morning* book, and designed to help you in programming your subconscious mind for continued success, as well as influence your level of commitment and follow through with the behaviors that will transform your affirmations into your reality.

Developing “Level 10” Self-Confidence

I am just as worthy, deserving, and capable of achieving everything that I want, in every area of my life, as as any other person on earth. The only thing that separates me from the most extraordinary life I can imagine is my *level of commitment* to becoming the person I need to be to achieve everything I want. From this moment on, I am 100% committed to my personal development (i.e. *The Miracle Morning*), each day, so that I can create and sustain the levels of success that I truly want and deserve. I commit now to schedule and follow through TODAY with the necessary actions that will ensure that I create the extraordinary life I deserve to live. From this moment on, I give up being perfect for being authentic. I will be myself, I will love myself, and others will too.

Achieving “Level 10” Health & Fitness (Lose Weight, Increase Energy, etc)

I realize that achieving level 10 success in every area of my life begins and ends with my health and energy. Maintaining optimum levels of health begins with putting healthy, energizing food into my body, such as “living” foods (raw fruits, vegetables, nuts, seeds, etc.), so I will place more value on the health consequences of the food that I eat than I do on the taste, since the taste only lasts for a few moments, but the consequences impact every area of my life and last a lifetime. I also commit to implementing the “E” in SAVERS by exercising every day, even if just for a quick 7-minute workout (See: *7-Minute Workout* app). I understand that making a change only takes discipline for a short time, and then a new habit will be formed, that will make sustaining the change virtually effortless. I cannot put off level 10 health & fitness, so I will buy/eat healthy food, and schedule time to exercise, TODAY.

Creating “Level 10” Relationships

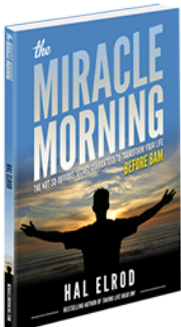
From my family, friends, and significant other to my co-workers and even strangers, I will love ALL people, unconditionally, because that is how we all deserve to be loved. I refuse to judge others, because I recognize that I have no way of knowing that, had I lived another person’s life, I might talk and act exactly the same way. I also understand that the more value I add to the lives of others, the more value that I will reciprocate. So I will focus on adding as much value as I can, to enrich the lives of every person I come in contact with.

Achieving “Level 10” Financial Success

First and foremost, I understand that money isn’t inherently good or bad, it’s what a person does with it that makes it so. The more money I have, the more options I have to make the impact I want to make in the world. I also understand that my financial situation, up until this point, is simply a reflection of how I’ve related to money—making it, saving it, and growing it. But there are virtually no limits to how much money I can earn, save, and grow. It’s simply a matter of investing time in developing my money mindset through learning about money. So, I will commit to consistently read articles and books that will teach me how to earn, save, and invest money, so that I can be financially free.

Overcoming “Level 10” Adversity (Including Depression)

I know that where I am in my life, now, is both temporary and exactly where I need to be to learn what I must learn, so I can become the person I need to be to create the life I truly want. Even when life is difficult—*especially* when life is difficult—the present moment is always an opportunity for me to learn, grow, and become better than I’ve ever been before. Just as others have done, I can turn my adversity into an advantage by accepting all that is out of my control—past, present, and future—so that I can give myself freedom from emotional pain, be at peace, and create the life I truly want.



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