

**Below are a list of beliefs that I am consistently working to condition in my life. I use an app on my phone called “ThinkUp” (Website ThinkUp.me) which allows me to record these new beliefs as affirmations in my own voice, which I listen to almost every day.**

**Note: These are not listed in any particular order.**

**Additional Note: I am always adding to this list of empowering beliefs**

1. Everything is possible for one who believes. Anytime I am faced with fear or doubt, I will ask God to help me overcome my unbelief. (Mark 9:23-24)
2. In my heart, I will plan my course, but I will always trust God to establish my steps. (Proverbs 16:9)
3. I will continue to pray for God to give me the desires of my heart and that he will make my plans succeed. (Psalm 20:4)
4. I will not grow tired of doing what is good. At the right time, I will reap a harvest if I don't give up. (Galatians 6:9)
5. I am committed to demanding more from myself than anyone else could ever expect from me.
6. I am committed to seeing things as they truly are, but never as being any worse than they really are.
7. Knowledge does not equal power. Massive action based upon knowledge equals power.
8. I will simply “identify and acknowledge” my problems. However, I will only give my power emotion and energy to finding solutions.
9. People will not care what I know until they know how much I care.
10. I will look for opportunities to recognize the glowing embers of a dream inside others that I meet throughout my day. When I do, I will take some action to fan it into a flame.

11. I always have as much money as I am committed to earning. Complexity is the enemy of execution.
12. I am committed to working harder on myself than anything else. This way I can become more intelligent and more skilled, giving me the ability to add more value to others.
13. I can get anything I want in life if I will only help enough other people get what they want in life.
14. Other people's sin against me cannot diminish God's power to work mightily through me. (David Foster)
15. 95% of people who have done me wrong are not aware of it.
16. Observing how I treat other people says more about my relationship with God than it does my relationship with them.
17. No one can take me from or keep me from what God wants for me, but me. Therefore, I am the most dangerous person I know. (David Foster)
18. The greatest sin that I can commit is underestimating the pain hiding behind the smiles of those around me.
19. Things can enhance my life. However, only healthy relationships with others can enrich my life. (David Foster)
20. I want to consistently recognize those who knowingly or unknowingly contributed to who I am and what I have today.
21. If my faith does not radically change the way that I treat others, I need a new faith.
22. Hope is the atmosphere where all things thrive.
23. Behind the things that break me is the loving hand of God to shape me.
24. Asking God for something that I am not willing to participate in getting is dumb and insulting.

25. I will remember to ask if what I am about to say is helpful, hopeful or promotes healing. If not, I will zip it. (David Foster)
26. To give up my creativity for the promise of security is the height of stupidity. (David Foster)
27. Asking for help is not weakness, it's wisdom. (David Foster)
28. Change is never a matter of ability, it is always a matter of motivation. Therefore, I will always work to get the leverage needed for lasting change in my life.
29. I will be intentional about consciously choosing my focus, language and how I use my physiology.
30. When I am mentoring others, I am always listening to the WORDS they use. Words help me understand their beliefs, values and their "model of the world."
31. I am stronger than anyone knows, including myself.
32. It is what I believe about myself that truly matters. Therefore I will focus on what I believe about myself and not what others believe about me.
33. I am a LOT OF TALK. However, I am committed to putting MASSIVE ACTION behind my talk.
34. Every circumstance provides an opportunity to learn and grow. When I grow, I have more to offer others.
35. I am committed to finding beauty in everything in life.
36. When things do not go according to my expectation, I will trade my expectations for appreciation.

37. I am committed to helping myself and others create new physiologies, new focuses, new questions (evaluations), new language, new beliefs and new meanings.
38. I always make time for the things that are most important to me.
39. Happiness or Fulfillment happens when our life conditions equals my blueprint (my perception of how life's supposed to be). If I feel unhappy or unfulfilled, I must either change my life conditions or my blueprint.
40. The language I use will shape my life. I am never faced with a "huge problem." Instead, I am occasionally faced with an "interesting challenge" which will provide me with a "valuable opportunity for growth." Such growth will help me better contribute to others in the future.
41. Focusing on what has been done to me will cause me to feel very different than if I am focused on what I can give in this situation. I chose to focus on what I can give.
42. The strongest force in the human personality is the need to remain consistent with how we define ourselves. We **MUST** stay consistent with the identity that we use to define ourselves.
43. I refuse to see anything as being bigger than it truly is.
44. The things that I focus on will expand. I attract more of whatever it is that I am focused on. I will always be intentional about where I allow my focus to go.
45. I always have plenty of time for all the things I am truly committed to. I don't need easy, I just need worth it.
46. There are many demands for my attention in life, I am committed to deciding, in advance, what I am going to focus on, so that my life is not controlled by the focus of someone or something else.
47. My goal in life is not to manage time, but to always be living a fulfilling life devoted to consistent growth and contribution.

48. I will have many opportunities to entertain, educate, encourage and inspire crowds of hundreds, thousands, and tens of thousands of people through my public speaking.
49. I am in control of my emotional state.
50. I am able to shift my emotional state by making changes to my physiology, focus and/or language/meaning.
51. I workout six days a week, every week, for the rest of my life.  
I have made the conscious decision that I will never eat sugary snacks again, for my entire life.
52. I am the master of my physical body.
53. I am willing to feel good and have my life go well all of the time.
54. It is in my moments of decision that my destiny is shaped.
55. I am God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for me to do. (Ephesians 2:20)
56. I expand in abundance, success and love, every day, as I inspire others to do the same.
57. I will immerse myself into the study of whatever it is that I want.
58. Money can provide value to everyone if I allow it to flow through me.
59. I am grateful for all the abundance I have and I invite even more into my life.
60. I am rich in this present world. However, I will not allow this to make me an arrogant person. I will not put my hope in my wealth, which can be so uncertain. Instead, I will place my hope in God who richly provides me with everything for my enjoyment. I will be rich in good deeds, I will be generous and I am willing to share. (1 Timothy 6:17-18)

61. My life is devoted to encouraging and equipping others to live the life for which they were created.
62. I want to help people change their beliefs about who they are and what they are able to achieve, to rediscover their ability to dream big dreams, discover and break free from limiting beliefs, set and achieve their goals, break through procrastination, end the pattern of self sabotage, take full control of their emotions, enhance their personal relationships, master their physical body and achieve financial freedom.
63. I always have plenty of money for all the things that I truly want.
64. I am financially wealthy. However, it is not my power or strength that produced this wealth for me. It is God who has gifted me with the ability to produce wealth.  
(Deuteronomy 8:17-18)
65. The quality of my life will depend on the quality of the questions that I ask myself.
66. Whatever I focus on, consistently, I will tend to manifest in my life. I will be intentional about what I choose to focus on.
67. In any moment in time, my reality is based upon whatever I am focused on.
68. Whatever I am focused on, is what I will feel.
69. If I want to motivate another person, I must find out what is already motivating them. The controlling force of our life is what we link pain and pleasure to.
70. In most cases, the need to avoid pain is a greater motivator for people than the desire for pleasure.
71. Most people in life do not succeed until they experience enough pain.
72. I have the ability to control the motivating force of pain and pleasure through neuro associations.
73. The six human needs are Certainty, Uncertainty/Variety, Significance, Connection/Love, Growth and Contribution.

74. I do not have to have a complicated idea to make a difference in my life. What I need are ideas that I remember and consistently apply to my life.
75. Role Modeling: Find someone who is already getting the results that I want. Finding out what actions that person is taking to get those results. Taking the same actions to get the same results.
76. Ultimate Success Formula: 1) Know your outcome, 2) Decide & Take Action, 3) Evaluate Your Results, 4) Change Approach if Needed.
77. Repetition is the mother of skill. I can accomplish anything that I set my mind to.
78. I will never suffer from a lack of resources. If I do not get what I desire, it will be due to a lack of resourcefulness.
79. I deserve to be happy and successful.
80. I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation will be able to separate me from the love of God which is in Christ Jesus my Lord.
81. I will choose happiness no matter what the circumstances are. I have something special to offer the world.
82. My life is abundant and full of joy.
83. I am a great person.
84. New ideas come to me regularly.
85. I am aware of what I have to offer to the world.
86. I am thankful for the chance to become healthier through diet, exercise and healthy routines.
87. I am thankful for the love in my life.

88. I am thankful for the ability to live FULLY ALIVE.
89. I am powerful, unstoppable, amazing and I can achieve my desired physique.
90. Working out relieves stress and tension. The more I move, the more relief I feel. \
91. Exercising comes naturally to me.
92. When I use my muscles, I feel powerful and alive.
93. I easily control my weight through a combination of healthy eating and exercise. \
94. I intentionally choose to eat in proper portions. \
95. All my thoughts, plans and ideas are leading me straight toward success.
96. I am driving by passion and purpose.
97. I create opportunities for growth for myself and others.
98. My success or failures do not define me. They simply allow me to grow.
99. My work makes a powerful difference in the world.
100. I am determined to work harder on myself than on my job. This way I can become the person I want to be and end up doing a better job than ever before.
101. My time, money, energy, ability and reputation are my most valued assets. I invest these assets with the right clients, prospects, associates and friends.
102. I attract positive people in my life.
103. Today is filled with opportunity. Everywhere I look, I see it. I trust my intuition to follow where it leads.
104. I am always at the right place at the right time, doing the right thing.
105. I am a good Pastor.

106. I come to be a blessing. My goal is to bless others in multiple ways.
107. I look for ways to advance and enhance the life of everyone I know.
108. I know that fears may always be with me. I feel the fear and do it anyway. I plant my seed even when there are clouds in the sky.
109. I am a transparent leader. I know my strength is in my openness and honesty with others.
110. I pray for others, carrying them like inscriptions day and night upon my heart. I seek their welfare and their good. I light candles for them daily in the quiet of my mind.
111. I quit whining and start walking, taking God's power in every situation.
112. I do the difficult things. I accomplish difficult and challenging tasks with strength and resolve, knowing that these jumps are placed in the arena for training and strengthening.
113. My fears are melting away
114. I find time to exercise
115. I do not worry about trying to impress people. Instead I focus on how I can add value to their lives.