



Affirmations and Visualizations

Focus Area: Prospecting

Date: May, 200x

Written Affirmations

I see opportunity everywhere

I love to network the benefits of my service to others

People are appreciative of my efforts

It's exciting to open new doors for sales

I am constantly practicing prospecting awareness

Visualized Images

Visualize people helping me with my leads

Visualize people eager to hear of my services

Visualize people enthusiastically becoming clients



Affirmations and Visualizations

Focus Area: Fitness and Health

Date: May, 200x

Written Affirmations

I weigh 160 lbs

I enjoy eating healthy foods

I crave fruits and vegetables

I work out 3-4 times a week

I feel healthy, happy, and terrific

Visualized Images

Skinny picture on the refrigerator

Visualize strength and vitality
