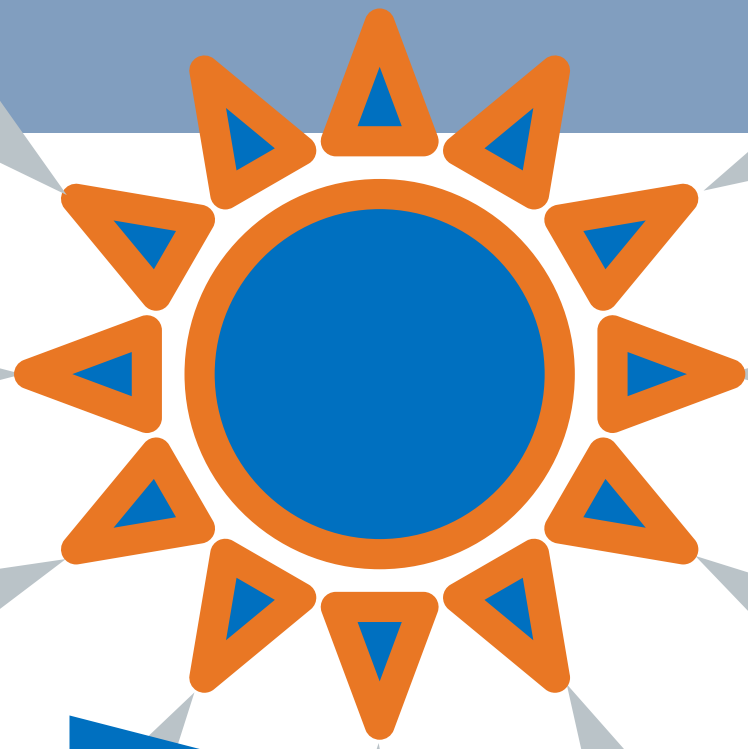


Guidelines for Creating Positive Affirmations



State in the positive.

Frame in the present tense.

Keep it short.

Make it action-oriented.

Infuse emotion.

Start with "*I am.*"

Relate to your goals.

Learn more at:

Trustworthy[®]
Selling