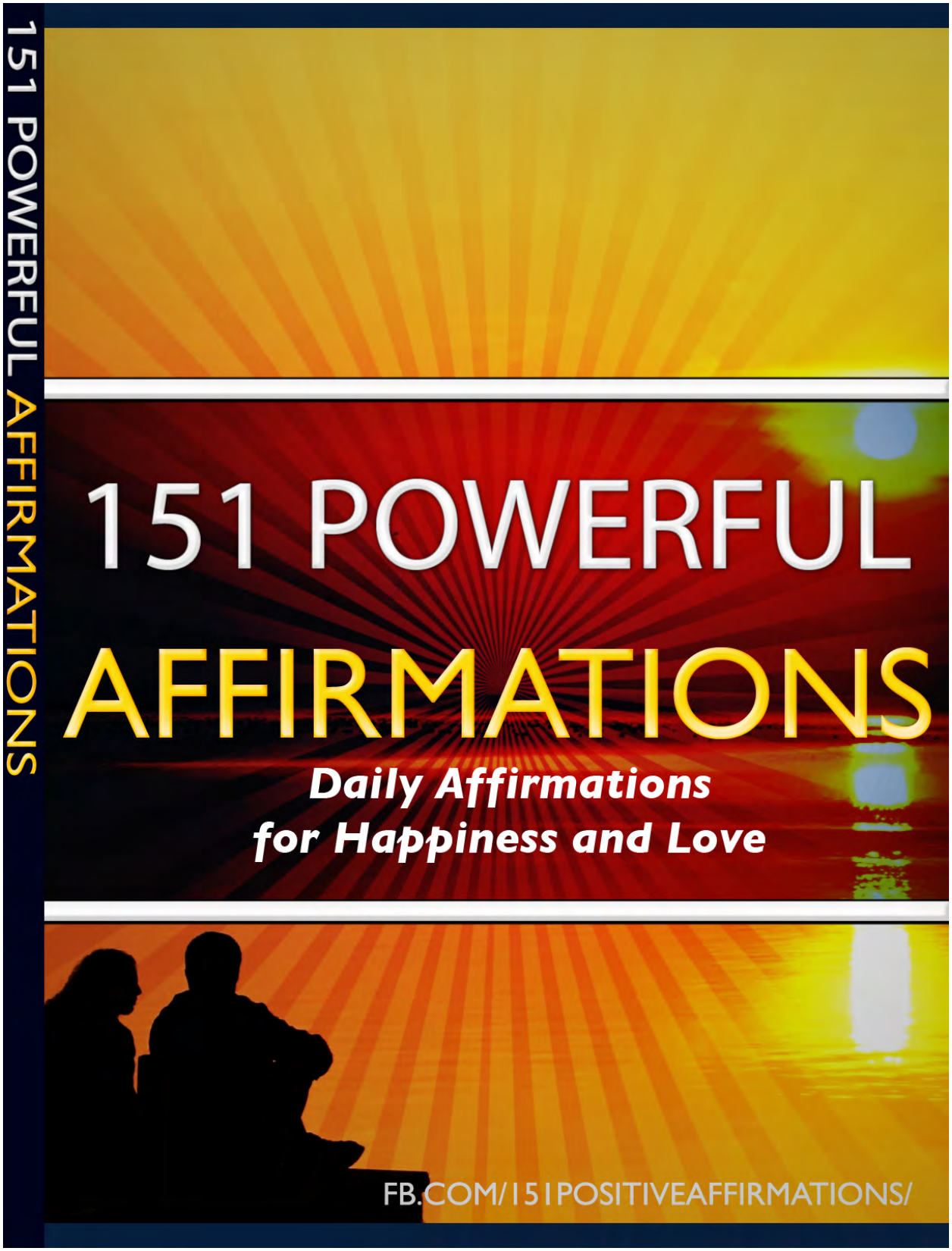

151 POWERFUL AFFIRMATIONS
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for Happiness and Love
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Positive Affirmations

Daily Affirmations for Happiness and Love. Together we can change the world by one simple thought, intention, and affirmation. :)

Love ~ Michael

http://www.151affirmations.com

Say YES! and sign up to my FREE Personal Development Newsletter

I am so excited for you!

Thank you for taking the time to download and read this book. I have packed it with over 151 of the most powerful and positive affirmations and inspirational quotes that you will find. Harness the **Law of Attraction** to transform your life for the better starting today.



Before you go any further
You must Click the link below and like our Facebook Page
https://www.facebook.com/151positiveaffirmations

Thank you for joining us on this amazing journey - I am committed to bringing you the best content available and to serve to your highest needs.

You may be asking yourself why 151 positive affirmations? The answer is in part due to the Law of Attraction and how it has changed my life for the better. I have always been excited with mathematics and numbers so what is the significance with 151?

When you break apart 1 - 5 - 1 each individual number represents a “lucky” number in natural number theory.

When you combine them into 151 it becomes a lucky prime number.

Lucky numbers and prime numbers make me happy. :)

My Story

Not long ago I was working at a job with no real advancement opportunities. I was compensated at a decent level but I woke up each morning without purpose. I would kiss my wife and kids goodbye while they were sleeping to commute over an hour to be in the office early. Although the company was well established it was the epitome of a rat race. We did not like our customers and our customers did not like us. To make things worse there was internal politics that forced everyone to choose a side.

One day my good friend asked if I wanted to watch a new movie that just came out. He couldn’t stop talking about it but wouldn’t tell me what it was about either. Little did I know this movie called “The Secret” would

change my outlook on life and set off a multi year journey in personal development.

I have spent literally 10's of thousands of dollars on personal development products, read over a hundred books. I have spent countless hours reading, meditating, and focusing on improving everything around me.

I am thrilled to say my journey has been greatly rewarding and I trust you will enjoy many of my favorite affirmations in this book.

The choice is up to you - you can read this and do nothing or you can take action. Hint: Take Action!

To Your Success,

~Michael

Goal Affirmations:

The Path Toward My Goal Is Clear



A goal is a dream with a deadline. -Napoleon Hill

Arriving at one goal is the starting point to another. -John Dewey

Failures do what is tension relieving, while winners do what is goal achieving. Dennis Waitley -(as quoted in Brian Tracy's book, Eat That Frog)

A man should have any number of little aims about which he should be conscious and for which he should have names, but he should have

neither name for, nor consciousness concerning, the main aim of his life. -Samuel Butler

Goals are the fuel in the furnace of achievement. -Brian Tracy, Eat that Frog

The great and glorious masterpiece of
man is to know how to live to purpose. -Michel de Montaigne

Most "impossible" goals can be met simply by breaking them down into bite size chunks, writing them down, believing them, and then going full speed ahead as if they were routine. -Don Lancaster

Ah, but a man's reach should exceed his grasp, or what's a heaven for? -Robert Browning

Your goal should be just out of reach, but not out of sight. -Denis Waitley and Remi Witt

Don't bunt. Aim out of the ballpark. -David Ogilvy

Who aims at excellence will be above mediocrity; who aims at mediocrity will be far short of it. -Burmese Saying

In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia. -Author Unknown

There are two things to aim at in life; first to get what you want, and after that to enjoy it. Only the wisest of mankind has achieved the second. -Logan Pearsall Smith



I have spread my dreams beneath your feet. Tread softly because you tread on my dreams. -W.B. Yeats

Go confidently in the direction of your dreams. Live the life you have imagined. -Henry David Thoreau

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. -Harriet Tubman

Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal. -Pamela Vaull Starr

It is precisely the possibility of realizing a dream that makes life interesting. -Paulo Coelho, The Alchemist

All men dream but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity; but the dreamers of the day are dangerous men, for they may act their dream with open eyes to make it possible. -T.E. Lawrence

Our truest life is when we are in dreams awake. -Henry David Thoreau

"So often times it happens that we live our lives in chains
And we never even know we have the key. -Lyrics from Already Gone, performed by the Eagles for their 1974 On the Border album"

The end of wisdom is to dream high enough not to lose the dream in the seeking of it. -William Faulkner

I like the dreams of the future better than the history of the past. -Patrick Henry

No one has ever achieved anything from the smallest to the greatest unless the dream was dreamed first. -Laura Ingalls Wilder

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly. -Lanston Hughes

The future belongs to those who believe in the beauty of their dreams. -Eleanor Roosevelt

Not to dream boldly may turn out to be simply irresponsible. -George Leonard

Commitment leads to action. Action brings your dream closer. -Marcia Wieder



The imagination exercises a powerful influence over every act of sense, thought, reason, -- over every idea. -Latin Proverb

Solitude is as needful to the imagination as society is wholesome for the character. -James Russel Lowell

Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead. -Louisa May Alcott

Imagination is more important than knowledge. -Albert Einstein

Imagination rules the world. -Napoleon

He who has imagination without learning, has wings and no feet. -Joseph Joubert

A strong imagination begetteth opportunity. -Michel de Montaigne
Your imagination is your preview of life's coming attractions. -Albert Einstein

"Where beams of imagination play,
The memory's soft figures melt away. -Alexander Pope"

Believe that you have it, and you have it. -Latin Proverb

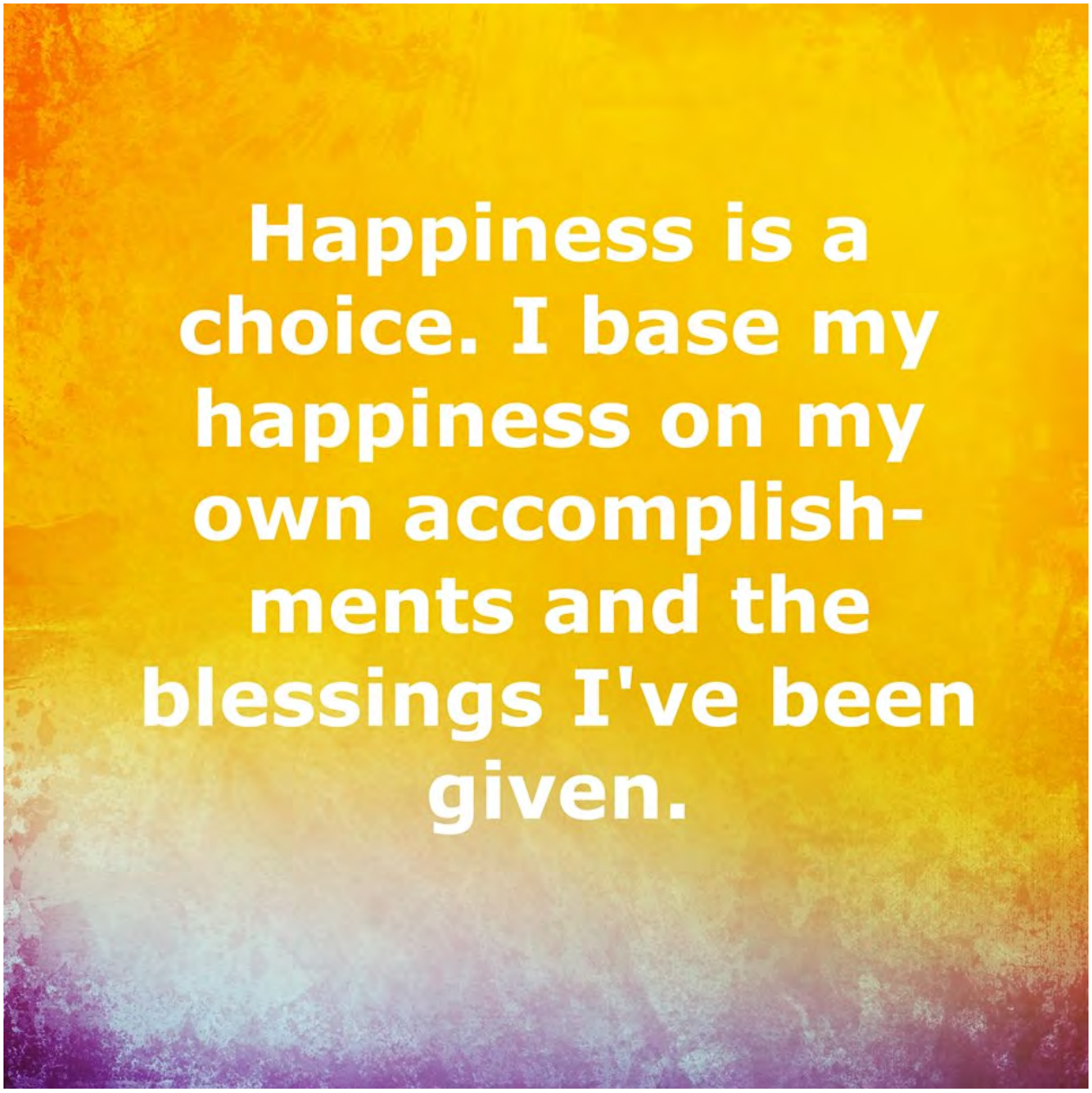
The real voyage of discovery consists not in seeking new landscapes but in having new eyes. -Marcel Proust

The imagination is the secret and marrow of civilization. -Henry Ward Beecher

"The Possible's slow fuse is lit
By the Imagination. -Emily Dickinson"

Imagination is the eye of the soul. -Joseph Joubert

You cannot depend on your eyes when your imagination is out of focus. -Mark Twain



LIFE isn’t about getting and having, it’s about giving and being. –Kevin Kruse

Whatever the mind of man can conceive and believe, it can achieve. –Napoleon Hill

STRIVE not to be a success, but rather to be of value. –Albert Einstein

Two roads diverged in a wood, and I—I took the one less traveled by, And that has made all the difference. –Robert Frost

I attribute my success to this: I never gave or took any excuse. –Florence Nightingale

You miss 100% of the shots you don't take. –Wayne Gretzky

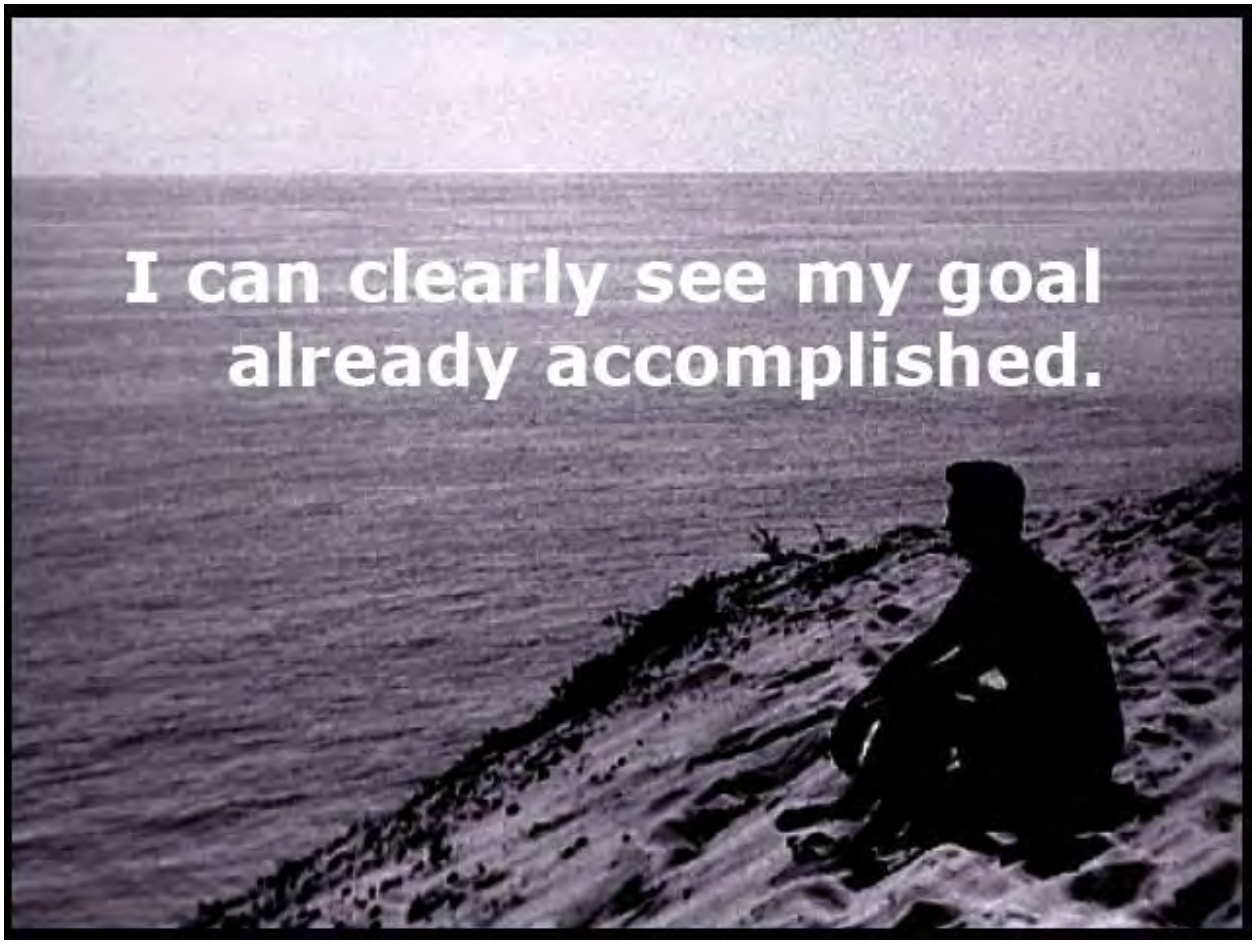
I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. –Michael Jordan

The most difficult thing is the decision to act, the rest is merely tenacity. –Amelia Earhart

Every strike brings me closer to the next home run. –Babe Ruth

DEFINITENESS of purpose is the starting point of all achievement. –W. Clement Stone

We must balance conspicuous consumption with conscious capitalism. –Kevin Kruse



LIFE is what happens to you while you're busy making other plans. –John Lennon

We become what we think about. –Earl Nightingale

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover. –Mark Twain

Life is 10% what happens to me and 90% of how I react to it. –Charles Swindoll

The most common way people give up their power is by thinking they don't have any. –Alice Walker

The mind is everything. What you think you become. –Buddha

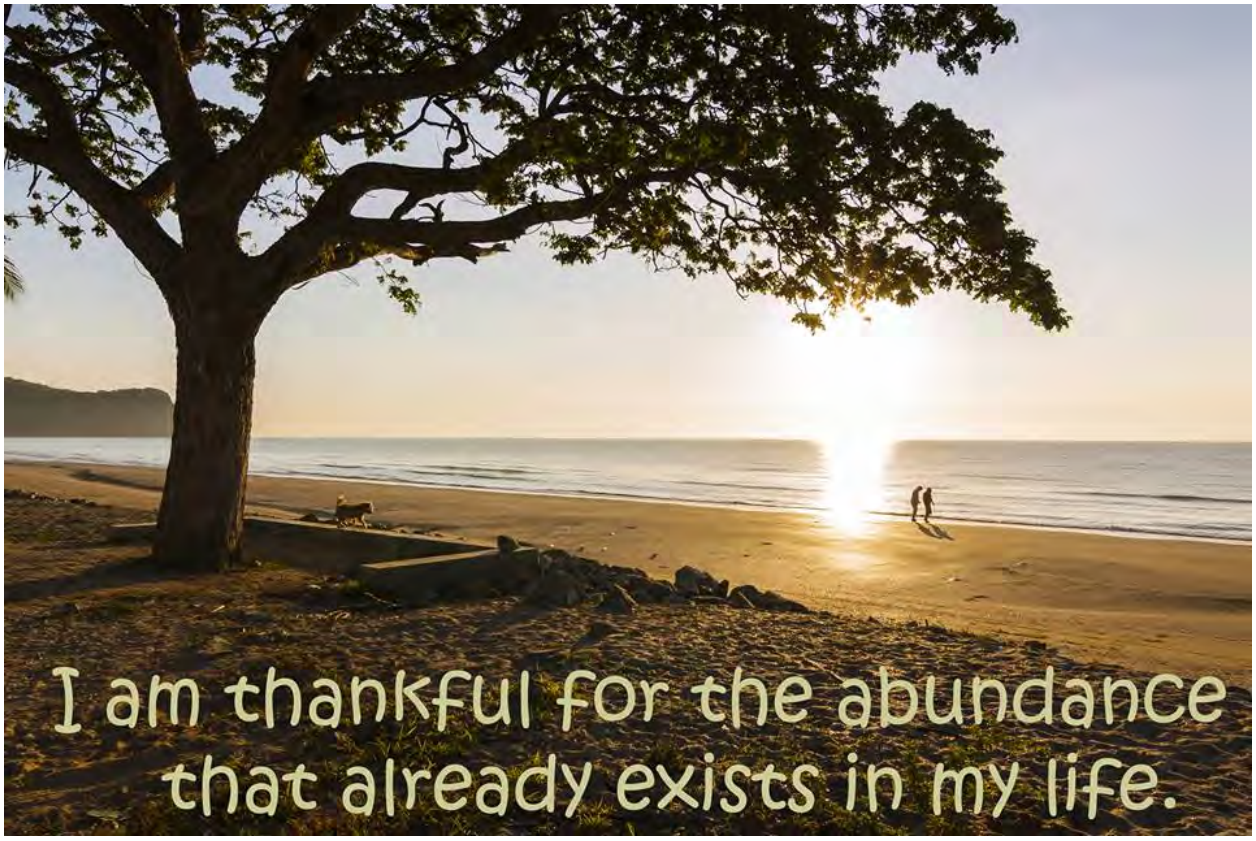
The best time to plant a tree was 20 years ago. The second best time is now. –Chinese Proverb

An unexamined life is not worth living. –Socrates

Eighty percent of success is showing up. –Woody Allen

Your time is limited, so don't waste it living someone else's life. –Steve Jobs

WINNING isn't everything, but wanting to win is. –Vince Lombardi



We are what we repeatedly do. Excellence, therefore, is not an act but a habit. -Aristotle

"Take calculated risks.
That is quite different from being rash. -George S. Patton"

Storms make oaks take roots. -Proverb
If you do not hope, you will not find what is beyond your hopes. -St. Clement of Alexandra

Dream big and dare to fail. -Norman Vaughan

With will one can do anything. -Samuel Smiles

We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities. -Ralph Waldo Emerson

When you get into a tight place and everything goes against you, till it seems you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn. -Harriet Beecher Stowe

Seek the lofty by reading, hearing and seeing great work at some moment every day. -Thornton Wilder

The only way of finding the limits of the possible is by going beyond them into the impossible. -Arthur C. Clarke

Well begun is half done. -Greek Proverb

The best way out is always through. - Robert Frost

Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks. -Johann Gottfried Von Herder

And all may do what has by man been done. -Edward Young

Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us. -Samuel Smiles

Work spares us from three evils: boredom, vice, and need. -Voltaire
"If the wind will not serve,
take to the oars.
Destitutus ventis, remos adhibe -Latin Proverb"



Men's best successes come after their disappointments. -Henry Ward Beecher

"No star is lost once we have seen,
We always may be what we might have been. -Adelaide Proctor"

"You cannot plough a field by
turning it over in your mind. -Author Unknown"

Do not wait to strike till the iron is hot; but make it hot by striking. -William B. Sprague

Strong lives are motivated by dynamic purposes. -Kenneth Hildebrand

Nothing will ever be attempted if all possible objections must first be overcome. -Samuel Johnson

Fortune favors the brave. -Publius Terence

When the best things are not possible, the best may be made of those that are. -Richard Hooker

He who hesitates is lost. -Proverb

If you want to succeed in the world must make your own opportunities as you go on. The man who waits for some seventh wave to toss him on dry land will find that the seventh wave is a long time a coming. You can commit no greater folly than to sit by the roadside until some one comes along and invites you to ride with him to wealth or influence. -John B. Gough

An oak is not felled at one blow. -Spanish Proverb

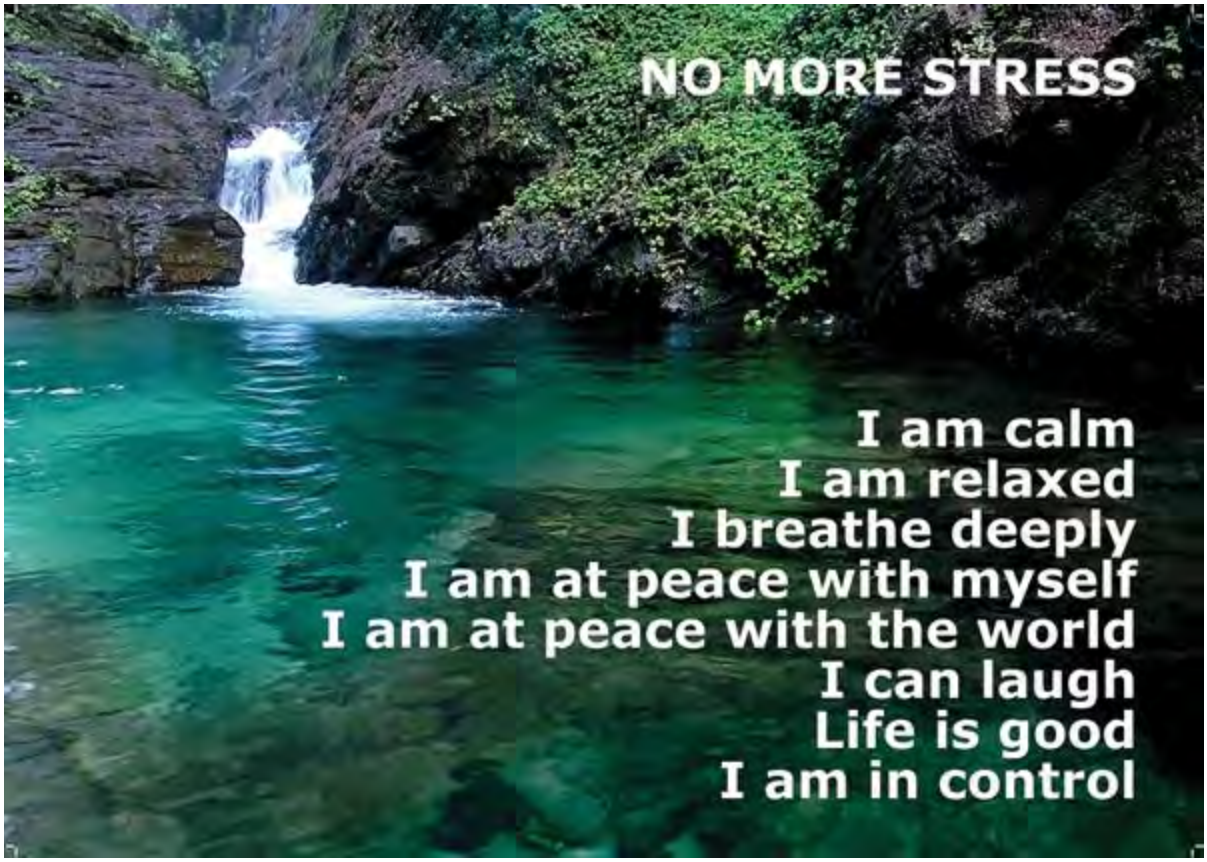
In doubtful matters boldness is everything. -Publilius Syrus

Great spirits have always encountered violent opposition from mediocre minds. -Albert Einstein

Amazing how we can light tomorrow with today. -Elizabeth Barrett Browning

In every difficult situation is potential value. Believe this, then begin looking for it. -Norman Vincent Peale

Believe with all of your heart that you will do what you were made to do. -Orison Swett Marden



Each day I look for a kernel of excitement. In the morning, I say: "What is my exciting thing for today?" Then I do the day. -Barbara Jordan

"Knowing is not enough; we must apply.
Willing is not enough; we must do. -Johann Wolfgang von Goethe"

"We are still masters of our fate.
We are still captains of our souls. -Winston Churchill"

Nothing great was ever achieved without enthusiasm. -Ralph Waldo Emerson

Reach perfection. -Baltasar Gracián

"For hope is but the dream

of those that wake. -Matthew Prior"

Constant dripping hollows out a stone. -Lucretius

"Nothing contributes so much to tranquilize the mind as a steady purpose-- a point on which the soul may fix its intellectual eye. -Mary Shelley"

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. -Helen Keller

In the hopes of reaching the moon men fail to see the flowers that blossom at their feet. - Albert Schweitzer

Happiness resides not in possessions and not in gold; the feeling of happiness dwells in the soul. -Democritus

The happiness of your life depends upon the quality of your thoughts; therefore guard accordingly. -Marcus Aurelius

People with many interests live, not only longest, but happiest. -George Matthew Allen

Happiness is not a goal, but a by-product. -Eleanor Roosevelt

Happiness is not achieved by the conscious pursuit of happiness; it is generally the by-product of other activities. -Aldous Huxley

Happiness is not a station you arrive at, but a manner of traveling. -Margaret Lee Runbeck

There is only one person who could ever make you happy, and that person is you. -David D. Burns, M.D., Intimate Connections

The happiness of life is made up of minute fractions—the little soon-forgotten charities of a kiss, a smile, a kind look, a heartfelt compliment in the disguise of a playful raillery, and the countless other infinitesimal of pleasurable thought and genial feeling. -Samuel Taylor Coleridge

I am more and more convinced that our happiness or unhappiness depends far more on the way we meet the events of life, than on the nature of those events themselves. -Baron Alexander von Humboldt



Abundance flows into my life with ease.

Abundance shows up in each area of my life.

I am filled with loving kindness.

I am guided to an abundance of joy. (You could substitute: wealth, health, happiness, peace, etc…)

I am happy.

I am safe.

I am supported in my pursuit of abundance.

I celebrate the abundance of others knowing that my joy in celebration increases my own abundance.

I pursue abundance with passion.

My abundance expressed as _____.

My passion is the key to my abundance.

Right now, I accept the abundance that is flowing into my life.



I release all stress and embrace positive stress-free solutions.

I openly express the true nature of the Divine.

I am more than capable of bringing my dreams to life.

I embrace my spiritual transformation.

I am thankful for the abundance that already exists in my life.

All fear is gone. I am successful and I am grateful.

I am willing to be successful.

I calmly process the events of the day.

I hand my stress to God. I let it go!

I allow the flow of Life to guide me.

I release my thoughts and meditate with ease.

I trust.

I clearly hear my intuition guide me toward my highest good.

I leave my stress at work. At home, I am in a joyful state of relaxation.

I radiate love and joy to all I meet.

I am safe. There is Divine protection surrounding me.



My hard work is paying off already.

The best way out is through.

I trust my intuition to lead me to abundance.

I am willing to feel abundant.

I am open to whatever the outcome may be.

My efforts are being supported by the universe; my dreams manifest into reality before my eyes.

I am love

The resources I need are becoming available to help me achieve my goals.

I release all negativity that is blocking the divine expression of who I am.

My Higher Self directs my actions.

I hold the keys to my success

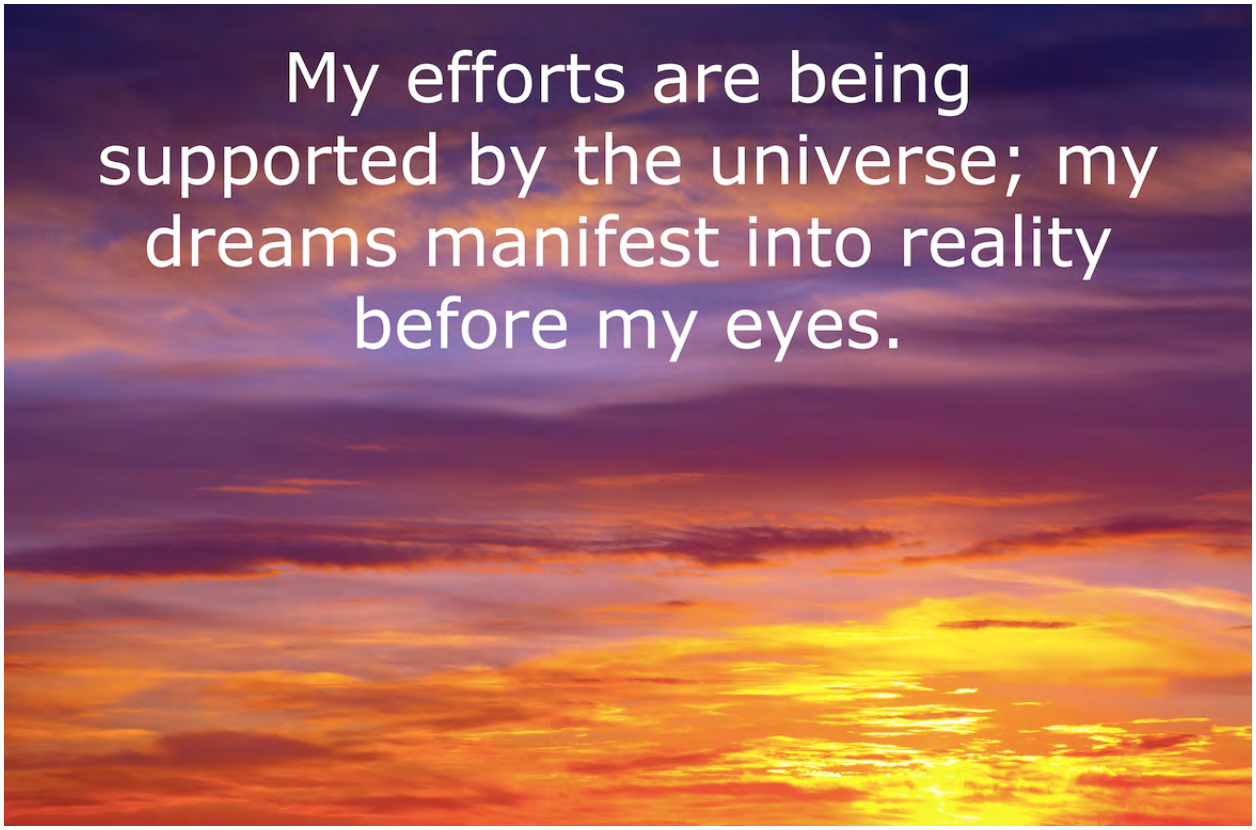
I am at peace with all that has happened, is happening, and will happen.

I choose to be happy now. On this day. In each Moment

I am peaceful.

Though these times are difficult, they are only a short phase of life.

I am the architect of my life; I build its foundation and choose its contents.



I possess the qualities needed to be extremely successful.

(For business owners) My business is growing, expanding, and thriving.

Creative energy surges through me and leads me to new and brilliant ideas.

Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.

My ability to conquer my challenges is limitless; my potential to succeed is infinite.

(For those who are unemployed) I deserve to be employed and paid well for my time, efforts, and ideas. Each day, I am closer to finding the perfect job for me.

I am courageous and I stand up for myself.

Today, I abandon my old habits and take up new, more positive ones.

Many people look up to me and recognize my worth; I am admired.

Today, I am brimming with energy and overflowing with joy.

I am blessed with an incredible family and wonderful friends.

I acknowledge my own self-worth; my confidence is soaring.

Everything that is happening now is happening for my ultimate good.

I am a powerhouse; I am indestructible.

My future is an ideal projection of what I envision now.

(For those who are single) The perfect partner for me is coming into my life sooner than I expect.

I radiate beauty, charm, and grace.

I am conquering my illness; I am defeating it steadily each day.

My body is healthy; my mind is brilliant; my soul is tranquil.

My obstacles are moving out of my way; my path is carved towards greatness.

I wake up today with strength in my heart and clarity in my mind.



I accept that there will be challenges when pursuing my goals. I have the knowledge and ability to overcome anything in my path.

I am willing to devote time and energy toward my goals. They are a priority in my life.

I am willing to step outside of my comfort zone to accomplish the goals I set for myself.

I honor my mission and values by pursuing my goals.

I only focus on the next step to take and trust that I am being lead toward the best and highest fulfillment of my goals.

I am okay. I am breathing. I am alive. I am experiencing this moment. I release all worry, all thoughts of past and future. I am here, now.

I am whole, complete and perfect just as I am, right where I am at.

I choose to be on my side. All of my thoughts are pointed toward my positive intentions.

I love me.

I am confident that success is a passionate, joyful experience.

I am grounded in my commitment to who I am. Success will only add to my life. It will not change my core values, relationships and passions.

I am open to success.

I am successful and people are proud of me, excited for me and open to friendship.

I have the know-how to overcome any challenges that arise out of success.

Releasing all fear, I step into the success of accomplishing my dreams.

Success has gifted me with security and peace.

I allow myself to see the true magnitude of my stressors as small & insignificant.



It does not matter how slowly you go as long as you do not stop. –Confucius

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. –Oprah Winfrey

Remember that not getting what you want is sometimes a wonderful stroke of luck. –Dalai Lama

You can't use up creativity. The more you use, the more you have. –Maya Angelou

Dream big and dare to fail. –Norman Vaughan

Our lives begin to end the day we become silent about things that matter. –Martin Luther King Jr.

Do what you can, where you are, with what you have. –Teddy Roosevelt
If you do what you've always done, you'll get what you've always gotten. –Tony Robbins

Dreaming, after all, is a form of planning. –Gloria Steinem

It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live. –Mae Jemison

You may be disappointed if you fail, but you are doomed if you don't try. –Beverly Sills



Remember no one can make you feel inferior without your consent. –Eleanor Roosevelt

Life is what we make it, always has been, always will be. –Grandma Moses

The question isn't who is going to let me; it's who is going to stop me. –Ayn Rand

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. –Henry Ford

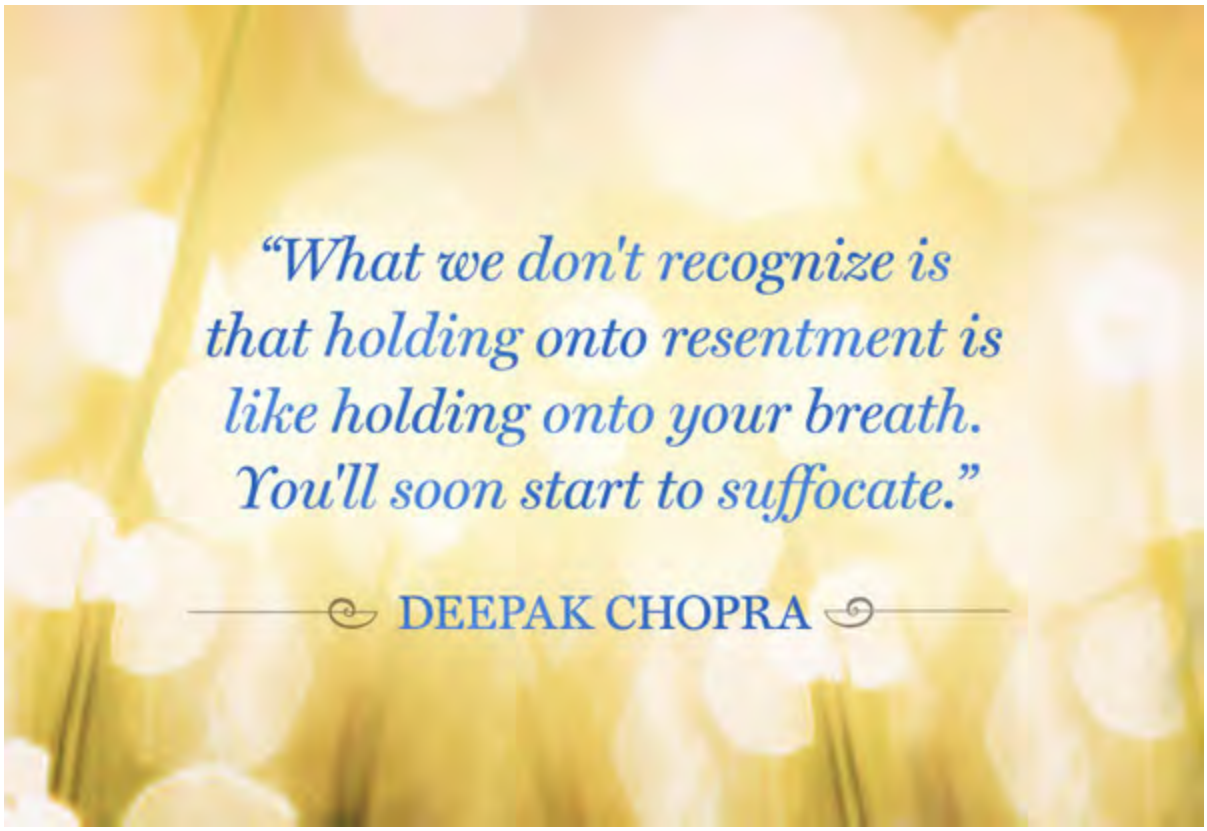
It's not the years in your life that count. It's the life in your years. –Abraham Lincoln

Change your thoughts and you change your world. –Norman Vincent Peale

Either write something worth reading or do something worth writing. –Benjamin Franklin

Nothing is impossible, the word itself says, “I’m possible!” –Audrey Hepburn

The only way to do great work is to love what you do. –Steve Jobs
If you can dream it, you can achieve it. –Zig Ziglar



You can't make positive choices for the rest of your life without an environment that makes those choices easy, natural, and enjoyable. Deepak Chopra

The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years. Deepak Chopra

Always go with your passions. Never ask yourself if it's realistic or not. Deepak Chopra

There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle. Deepak Chopra

The less you open your heart to others, the more your heart suffers. Deepak Chopra

Our most important task is to transform our consciousness so that violence is no longer an option for us in our personal lives, that understanding that a world of peace is possible only if we relate to each other as peaceful beings, one individual at a time. Deepak Chopra

There is no fixed physical reality, no single perception of the world, just numerous ways of interpreting world views as dictated by one's nervous system and the specific environment of our planetary existence. Deepak Chopra

If you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world. Deepak Chopra

I teach people that no matter what the situation is, no matter how chaotic, no matter how much drama is around you, you can heal by your presence if you just stay within your center. Deepak Chopra

Life gives you plenty of time to do whatever you want to do if you stay in the present moment. Deepak Chopra

Research has shown that the best way to be happy is to make each day happy. Deepak Chopra

Happiness is a continuation of happenings which are not resisted. Deepak Chopra

Nothing is more important than reconnecting with your bliss. Nothing is as rich. Nothing is more real. Deepak Chopra

You and I are essentially infinite choice-makers. In every moment of our existence, we are in that field of all possibilities where we have access to an infinity of choices. Deepak Chopra

I think we need the feminine qualities of leadership, which include attention to aesthetics and the environment, nurturing, affection, intuition and the qualities that make people feel safe and cared for. Deepak Chopra

To think is to practice brain chemistry. Deepak Chopra

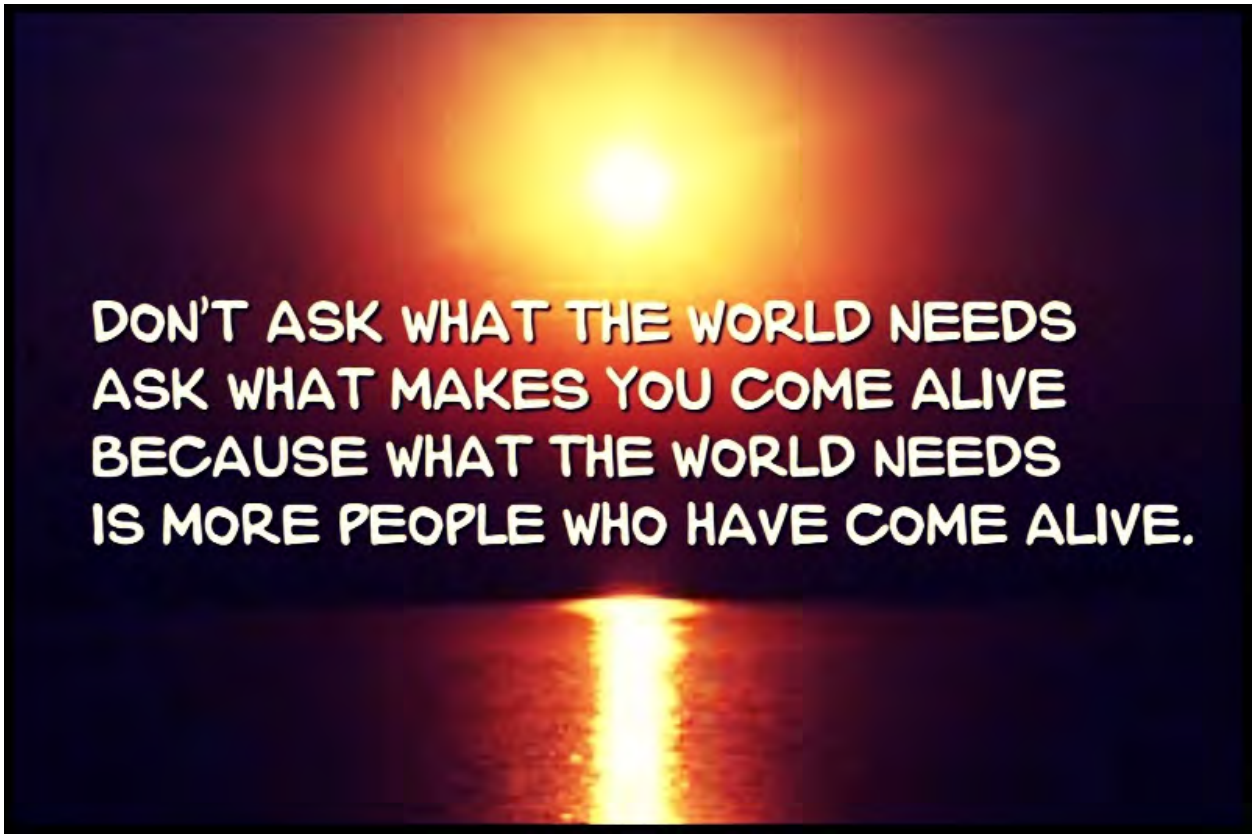
The symbolic language of the crucifixion is the death of the old paradigm; resurrection is a leap into a whole new way of thinking. Deepak Chopra

Success comes when people act together; failure tends to happen alone. Deepak Chopra

Our thinking and our behaviour are always in anticipation of a response. It is therefore fear-based. Deepak Chopra

The intention to live as long as possible isn't one of the mind's best intentions, because quantity isn't the same as quality. Deepak Chopra

Every person is a God in embryo. Its only desire is to be born. Deepak Chopra



The secret of success is to know something nobody else knows. -Aristotle Onassis

The greatest results in life are usually attained by simple means and the exercise of ordinary qualities. These may for the most part be summed in these two: common-sense and perseverance. -Owen Feltham

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will. -Vince Lombardi

Everyone has a fair turn to be as great as he pleases. -Jeremy Collier

I cannot give you the formula for success, but I can give you the formula for failure--which is: Try to please everybody. -Herbert Bayard Swope

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. -Booker T. Washington

Success does not consist in never making blunders, but in never making the same one a second time. -Josh Billings

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. -Evan Esar

He is great enough who is his own master. -Bishop Hail

If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother, and hope your guardian genius. -Jospeph Addison

Impatience never commanded success. -Edwin H. Chapin

Check back to our facebook group for updates and daily affirmations.

https://www.facebook.com/151positiveaffirmations

I am truly honored to follow along this path with you.

Love ~ Michael.