

Quality #6: Self-Esteem

Improve Self-Esteem: Affirmations

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Practice 5: Affirmations (4) minutes**
- **Download PDF of Practicum**
- **Listen to Scroll IV**

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Affirmations

We have taken the thirty-six characteristics of an Intentional Creator and divided them into The Six Qualities of an Intentional Creator. We have recorded them in sequence and supported them with inspiring music.

It is important that you have a moment of consciousness prior to listening. Acknowledge that you are about to hear characteristics of an Intentional Creator stated as affirmations. Acknowledge that this is who you really are when you step back from sabotaging thought processes and consciously make wise decisions to think and act differently. Acknowledge that you do not always do this but it is your desire to do it more often.

As you listen to the affirmations you may hear self-deprecating dialogue such as, “I am not like that!” “I wasn’t that way yesterday when I ...” “Who am I trying to kid?” Scientists have warned that when we hear something that our thought processes believe is not true that it can cause harmful interference. To avoid this possibility, consciously acknowledge what is true when you allow these thoughts to run your life. Commit to take back control of your thoughts. Commit to awaken this goodness in your soul and act accordingly. You are truly these affirmations. You are nature’s greatest miracle. Own your innate goodness and allow these affirmations to awaken your genius and your goodness.

The Affirmations can be found in your tools.