



## ThinkUp

**ThinkUp is a positive affirmations app that helps reduce stress, build positivity, and overcome mental health challenges.**

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**Here are some powerful affirmations you can use.  
Pick a few you resonate with and record on the app!**

I always think and act today. I feel heroic, confident and exhilarated knowing my actions today will create momentum tomorrow and the next day – I feel unstoppable.

I am free of the fear of rejection. Rejection is a necessary thing to achieve success. I act without fear of rejection and feel confident, strong minded and energized.

I am good enough. I am smart, helpful and worthy of taking up anybody's time. Knowing I am good enough makes me feel comfortable, confident and exhilarated.

I am free of the fear of mistakes and failure. Mistakes and failure are good and necessary to achieve success. I act without fear of failure and feel excited, heroic and unstoppable.

I am very proud to be free of judging other people and comparing them to myself. I feel happy and strong-minded.

I am very proud to be free of imagining others are thinking and saying things about me. This is not true and being free of thinking it makes me happy, worry-free, successful and unleashed. I feel exhilarated.

I love calling my prospects and customers on the phone. Each call is a new opportunity to build a relationship and help somebody out. Every time I call my prospects and customers I feel excited and confident

Each and every call I make I start with an incredible level of positive expectation and prosperity. I know that right now – somewhere someone's life is better and more prosperous because of my products and services. I feel confident and exhilarated.

I love to close the deal. When a deal is closed one way or another I rejoice knowing that my time has been well spent and I feel confident and excited about moving onto a new opportunity without any wasted time.

I love taking action. I feel courageous and exhilarated by taking action and I build extreme momentum and prosperity when taking action.

# **ONLINE**

**- SUPER COACH -**

I find it easier and easier to constantly improve myself personally and professionally everyday. My positive affirmations, goal setting and constant action make me an incredibly successful businessman. I feel incredibly positive and strong-minded.

I love exercising every day. I am in perfect health and have an amazing body. Going to the gym, exercising and taking a sauna make me feel well rounded and accomplished and the benefits I receive from exercise are incredible I feel amazing everyday.

I attract success. Success and good things are naturally attracted to me and I feel prosperous and amazing everyday.

Success comes to me easily. Abundance and prosperity flow to me from every direction and I feel exhilarated. I can't wait to wake up each day know that success is guaranteed for me.

I see opportunity everywhere I look. Opportunity is everywhere and it is there for me everyday. I feel overwhelmingly confident and positive everyday with the abundance of opportunity.

It's easy to be successful. I rejoice the fact that I am successful and will become more and more successful everyday – huge success is inevitable for me. I feel prosperous and abundant.

I feel amazing every morning I wake up. I bounce out of bed first thing knowing that the day has huge opportunity install for me. I feel excited, confident and exhilarated each morning as soon as I open my eyes.

I am an excellent marketer. I know how to generate a constant stream of leads and money for any business. I feel powerful, confident and assured that my marketing skills are amazingly successful.

I am an amazing copywriter. I know how to write copy that grabs attention and pulls incredible results. I feel powerful, confident and assured that my copywriting skills are awesomely successful.

I love writing and sending out information to people. I know that right now others are more successful and living lives of greater prosperity because I took action and sent them information. This makes me feel powerful and happy and I absolutely love knowing that it guarantees further success for others and me.

I am an amazing speaker and produce some of the worlds best videos. My videos impact people all over the world and help people improve their lives. I feel powerful, proud and skilled.

# **ONLINE**

**- SUPER COACH -**

I am confident calling and talking to business owners of all success levels – they are no different to anybody else and I realize that. I feel confident, excited and exhilarated talking to big business owners.

I create the life of my dreams. My plans, goals and actions build my destiny and this makes me feel powerful and in control.

I am an unstoppable human being and can achieve anything. I feel powerful, smart and determined.

I am a self starter who does not need any external force to motivate me, all of my motivation comes from within and I can call on it at will. This makes me feel unstoppable and powerful.

I am a motivated and energetic person, I feel good every single day. This makes me feel healthy, happy and energetic.

I am proud of myself and my success, I have achieved a great deal and this is just the beginning, I feel humble and honored.

I am a powerful body, powerful mind and a powerful soul. This makes me feel smart and deserving of the worlds greatest levels of success.

I speak my word with confidence and conviction. My words are powerful and they bring success to others when shared. I feel smart and important.

I am a happy person who is intoxicated with living, I enjoy life and life is good to me. This makes me feel happy and exhilarated.

Each and every day brings fresh new opportunities to me and I can't wait to begin each day. This makes me feel excited and at ease.

I excel at whatever I do, I have a positive expectancy and I am known to win. I feel powerful and deserving.

I am at peace with the world around me, I understand how it works and where I fit within it. I am deserving of huge financial wealth and respect, I feel powerful and smart.

I have inner strength, grit and the confidence to win at whatever I choose to do. This makes me feel powerful and at ease knowing that I can conquer any task.

# **ONLINE**

**- SUPER COACH -**

I am optimistic and filled with enthusiasm, the world continues to reward me at an accelerating rate and I know with conviction that the future ahead of me holds immeasurable happiness and prosperity.

I accomplish more in less time than ever before. I have world renowned work ethic and work get things done in record time. I feel unstoppable, powerful and smart.

I effortlessly achieve my goals every single time. I set high goals, achieve them in record time. I feel powerful, smart and courageous.

I am creative at helping others solve their challenges, I have helped other people improve their lives and I feel proud and special.

I always give more than what I am paid for, all of my clients are happy and they spread the good word about me every single day. I feel powerful and smart.

My life is filled with harmony and happiness. Life continues to issue good fortune and wealth my way and I feel energetic and excited.

I have a mindset of wealth and abundance, I can achieve anything that I want to and I feel so powerful and unstoppable.

Abundance is my natural state, I see abundance everywhere I look and I know that life will always be this way for me. I feel at ease and proud.

I am a people and money magnet, good people and huge fortune are attracted towards me every single day and I feel powerful and smart.

Money flows to me easily, frequently and abundantly, I feel gifted and unstoppable.

Prosperity is mine and I deserve it and I expect it. I feel gifted and deserving of my good fortune and prosperity.

I know my value, I honor my worth, I am worthy of receiving abundance and I feel proud and at ease with what the world continues to give me.

I'm open to receive more money and success, I deserve it and will be a good steward of it. I feel in control and at ease.

Creative ideas for money and success flow from me, I feel powerful and gifted.

Everywhere I look I see abundance and opportunity. I feel intelligent and gifted.

# **ONLINE**

**- SUPER COACH -**

Money is positive energy that takes care of my worthy needs and desires. I feel completely at ease receiving and managing huge amounts of money every single day.

My income is constantly increasing and I deserve it. I feel gifted and powerful.

I am a positive resource and people love to do business with me. I feel special and gifted.

I create wealth with honesty and integrity, I feel honored and at ease with my business and everything that I do.

I am now easily and effortlessly attracting unlimited financial prosperity and abundance into every aspect of my life. I feel exhilarated.

Everything I touch returns riches to me, I am unstoppable and I feel courageous and powerful.

I always have enough money for anything that I want to do in life, I feel at ease and gifted.

The more money I have the more money I can use to help myself and others, I am an excellent steward of money and I feel honored and gifted.

My work is always recognized positively, I am unique and my work is world-renowned. I feel honored and intelligent.

Abundance is my natural state of being, I feel at ease and comfortable with every moment I experience in life.

I am a business genius; I am creative and make effective business choices. I feel intelligent and unstoppable.

Money comes to me in expected and unexpected ways, it's attracted to me from every different angle possible. I feel gifted and powerful.

I give myself permission to live an abundant life, I deserve it and I will live the rest of my life from this position of abundance and power. I feel exhilarated and intoxicated on life.

I love money and money loves me, money is sacred to me and I do great things with it. The world is a better place because of me and what I do with my large amounts of money. I feel confident and gifted.

I have great skill at managing my finances and always have money in abundance. I feel at ease and happy.

# **ONLINE**

**- SUPER COACH -**

I am very comfortable having large sums of money, I am an excellent money manager and do great things with it. I feel confident and powerful.

I release all doubt, fears and negative beliefs about money. Money is a good thing and I deserve large sums of it. I feel at ease and powerful.

I am unlimited in my power to be successful in my business, I feel courageous and gifted.

I always attract the right clients at the right time, great clients are attracted to me and there is never a shortage of them. I feel at ease and powerful.

I have absolute certainty in my ability to generate any amount of income I choose. I am one of the smartest people in the world and I am rewarded for this every single day. I feel gifted and honored.

I am willing to let fear go and live in harmony with all life, I deserve the best of everything and I have no problem receiving it. I feel gifted and special.

I release all of my past beliefs that have limited me from becoming rich, I now think from a position of power and abundance, I am rich and successful and I deserve what I have and more. I feel entitled and honored.

I choose to be successful in each and every area of my life. Business is just one area of my life and I excel at every single one. I feel gifted and honored.

I'm successful in everything that I do, I surprise myself with my ability and achievements and I feel inspired and gifted.

I choose to be successful in each area in my life, I feel happy and accomplished.

I am successful in everything that I do, I am unstoppable and I feel gifted and recognized.

I am confident of my ability to succeed at anything I want to do, I feel smart and powerful.

I easily and quickly learn the lessons life presents me with, a setback, struggle or failure to me is still a win and a step forward, I feel at ease, happy and confident.

I welcome freedom into my mind, I am not restrained to anything and can do whatever I want. I feel free and empowered.

# **ONLINE**

**- SUPER COACH -**

I am open to all possibilities and keep an open mind at all times, I feel at ease when in strange situations and believe in my ability to figure things out and win. I feel confident and successful.

I'm always in the right place at the right time, winning comes easy to me and I feel powerful and gifted.

I have a keen capacity to learn new skills that support my success, I am a quick learner and quickly rise to the top of any field which I choose to play. I feel gifted and entitled.

I embrace all change and use it to my higher good, I am an alchemist who can bring success from any situation in life and I am rewarded for it. I feel special and smart.

I love and respect myself and that allows me to have enriching relationships, others love and respect me and I love and respect myself. I am an amazing person and I am proud of who I am. I feel at ease and powerful.

I give thanks continuously as I move through each day, I understand that I am gifted and for that I am humble and thankful.

I acknowledge the blessings I have received in my life with gratitude, I feel honored and humbled.

I possess the wisdom the power the motivation the inspiration and the passion to accomplish anything and everything I choose. I feel entitled and unstoppable.

I prosper in health, I prosper in finances, I prosper in love, I prosper in peace and I am an unstoppable human being. I feel courageous and powerful in everything that I do.