



# Terms and Conditions

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## **Goal Setting Affirmations - Video Affirmations For Effective Goal Setting**

I take responsibility for my life. Following today, the future is my responsibility and no one else's. My possibilities only open up when I know I'm responsible for the outcome.

I have clean-cut, particular, intense, emotional, measurable goals.

My subconscious knows what is IMPORTANT and what I need to be aware of to achieve my goal.

I do my affirmations often to produce my "fresh reality", my new version of "the truth." I practice my future perfectly!

My subconscious thinks my imagination is just as "real" as my experiences. This is how I produce my new version of the "truth" against which my subconscious will assess what I need to be aware of in order to accomplish my goals.

I control my self-talk and alter my thinking to support my goals and affirmations. Whatever I spend the most time thinking of, I gravitate towards.

I have 90-day action plans that define what the activities I must be doing and that move me towards my goals. And I review them at least every thirty days!

I have an "ideal" weekly calendar produced from my activity plans to assure that it's possible to accomplish my goals with the time/commitments that I have.

Every week I fill out my Day-Timer or schedule from my "ideal" calendar. I get all the particulars on there. Because it's on my schedule, I make time to do it.

I ceaselessly monitor and measure my activities to assure that I am on track towards my goals.

I have consistently scheduled planning time.

I have a support group (or person) who helps me grow and move forward and who helps me discover my "blind spots" so that I can fix them.

I'm accountable to someone who's supportive of my goals and whom I respect. I tell them what my actions should be, I allow them to ask me if I've done them and I allow them to critique my results.