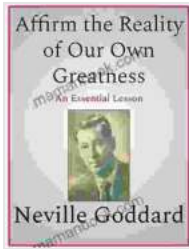


# Affirm The Reality Of Our Own Greatness



**Affirm the Reality of Our Own Greatness** by Neville Goddard

★★★★☆ 4.5 out of 5

Language : English  
File size : 20 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 4 pages



We are all born with the potential for greatness. We all have the ability to achieve great things in our lives. But sometimes, we get in our own way. We doubt ourselves. We listen to the negative voices in our heads. And we give up on our dreams.

But it doesn't have to be that way. We can choose to believe in ourselves. We can choose to listen to the positive voices in our heads. And we can choose to go after our dreams.

Affirmations are a powerful tool that can help us to do all of these things. Affirmations are simply positive statements that we repeat to ourselves on a regular basis. They can be about anything we want to improve in our lives, from our self-esteem to our confidence to our relationships.

When we repeat affirmations to ourselves, we are essentially programming our minds to believe them. Over time, these positive thoughts will start to

replace the negative thoughts that have been holding us back.

There is a lot of scientific evidence to support the power of affirmations. Studies have shown that affirmations can help to improve our self-esteem, confidence, and motivation. They can also help us to reduce stress, anxiety, and depression.

If you are ready to start affirming the reality of your own greatness, here are a few tips:

- **Choose affirmations that are meaningful to you.** Don't just repeat affirmations that you think you should say. Choose affirmations that resonate with you and that you believe in.
- **Repeat your affirmations regularly.** The more you repeat your affirmations, the more powerful they will become. Aim to repeat your affirmations at least once a day, but you can repeat them as often as you like.
- **Say your affirmations with conviction.** When you say your affirmations, say them with conviction. Believe in the words that you are saying. The more you believe in your affirmations, the more powerful they will be.

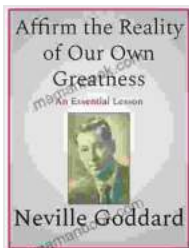
Affirming the reality of our own greatness is a powerful way to improve our lives. By repeating positive affirmations to ourselves on a regular basis, we can program our minds to believe in ourselves and our ability to achieve our goals.

So what are you waiting for? Start affirming the reality of your own greatness today!

## Here are some examples of affirmations that you can use to improve your self-esteem and confidence:

- I am worthy of love and respect.
- I am capable of achieving anything I set my mind to.
- I am confident in my abilities.
- I am beautiful and unique.
- I am strong and resilient.

Repeat these affirmations to yourself every day, and watch your life change for the better.



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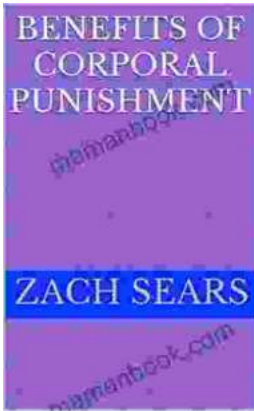
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