

TeachPassion *Leadership*

Affirmation Statements

WORKBOOK

The leadership superpower I've practiced for nineteen years.



What an affirmation statement is.

The grammar matters more than people realize. Every word change shifts the affirmation's power.

an **"I am"** statement about who you are, written down, **read out loud**, and shared with others, until it becomes **true**.

PRESENT TENSE

Not someday. Not aspirationally. You are this person, right now.

REPEATED DAILY

Read morning. Read midday. Read at night. Repetition is the engine.

DECLARED OPENLY

Read out loud. Share with people who hold you to them.

THREE LEVELS OF STRENGTH

WEAK "I would like to be early."

BETTER "I am early."

STRONGEST "I am early for everything because being late is disrespectful."

Do all four.

Skip any one and the practice fades. Together they compound.

W**Write them down.**

*Index card. Notebook. Note app.
Whatever is durable and you'll
see often.*

R**Read out loud.**

*Not silent. Your voice matters
more than your reading speed.*

T**Three times a day.**

*Wake. Lunch. Bed. Three
readings per day is the dose that
compounds.*

S**Share them.**

*Spouse, team, accountability
partner. Make the commitment
public.*

THREE MISTAKES TO AVOID

1. *Starting with too many.* Three statements. Live them for thirty days. Earn the next.
2. *Reading silently.* Your ears need to hear you say the words.
3. *Keeping them private.* A whispered wish is not a public commitment.

Brainstorm.

Five minutes. Don't filter. Throw everything on the page. Identity, habits, outcomes. We'll narrow on the next page.

WHO I AM

Identity statements. What kind of person, leader, parent, spouse, follower?

HOW I LIVE

Daily habits and disciplines. Rise time, prayer, fitness, focus, spending, eating.

WHAT I BUILD

Outcomes you're moving toward. Career, finances, family, ministry, influence.

From weak to strong.

Pick three from your spaghetti list, one from each cluster. Rewrite each at three strength levels. The third draft is the one you keep.

1 Draft from your WHO I AM cluster

WEAK

BETTER

STRONGEST

2 Draft from your HOW I LIVE cluster

WEAK

BETTER

STRONGEST

3 Draft from your WHAT I BUILD cluster

WEAK

BETTER

STRONGEST

My three.

The final versions. The ones I will read out loud tomorrow morning.

1**WHO I AM**

2**HOW I LIVE**

3**WHAT I BUILD**

I WILL SHARE THEM WITH:**BY THIS DATE:**

Thirty days.

Mark a day when you've read your three affirmations three times, out loud. Days marked in gold are check-in milestones.

START DATE

DAY 30 CHECK-IN DATE

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

*"If you come back to me at the end of the thirty days and tell me it didn't work,
I will never talk to you about affirmation statements again."*

Greg's affirmations.

Started at four, Earl's four, in 2006. Compounded over nineteen years into this. Yours will too.

WHO I AM	HOW I LIVE	WHAT I BUILD
<i>I am a passionate leader who leads with unwavering conviction.</i> <i>I am a loving husband and father.</i> <i>I am one of the baptized, and God has special plans for me and my business.</i> <i>I am a team builder.</i> <i>I am a good steward of the money God has entrusted me with.</i> <i>I will touch someone's life today.</i>	<i>I rise every day at 4:00 AM with vigor.</i> <i>I am early for everything because being late is disrespectful.</i> <i>I do not swear or use vulgar language.</i> <i>I watch my spending and do not spend frivolously.</i> <i>I work out daily and prioritize working out.</i> <i>I watch what I eat and track everything I eat to live longer.</i> <i>I pray daily over my clients, teammates, family, and friends.</i> <i>I feel happy. I feel healthy. I feel terrific.</i>	<i>I run Beratung Advisors, a ten million dollar revenue firm.</i> <i>I make one million dollars a year.</i> <i>I mentor other financial advisers and men.</i> <i>I educate myself daily and have an unquenchable thirst for knowledge.</i> <i>I lead others by serving them and helping them maximize their talents.</i> <i>Beratung Advisors leads the way among planning firms and advisors want to join the team.</i> <i>Beratung Advisors is innovative with a compelling vision for the future.</i>

What years of practice looks like.

Affirmation statements are the seed. Over time, they pull other practices into orbit. This is what my morning has grown into.

AFFIRMATIONS

5-10 min

All twenty-five, read out loud.

Sometimes in my office before anyone else is in the building. Sometimes in my car.

CREED

1 min

The Apostles' Creed.

A declaration of what I believe, said the same way every morning. The earliest affirmation statement in the Christian tradition.

COMMANDMENTS

1 min

The Ten Commandments.

The moral guardrails. Read as a check on the day ahead.

BLESSING

1 min

Luther's Morning Blessing and the Lord's Prayer.

Asking God's protection over the day, the people, and the work ahead.

SCRIPTURE

5-10 min

A devotion and a passage.

Letting God set the tone before the inbox does.

A NOTE

Start with your three affirmations. Live them for a month. Then start adding. Don't try to build this whole stack in week one. It compounds, the same way ours has.