**Shane’s Affirmations**

1. I am respectful, I have self-respect and respect for others at all times.
2. I am a loving, caring and accepting person. I accept myself as I am and therefore accept and love others for who they are.
3. I am accountable for my results and take ownership for my thoughts, words and actions. I am proactive.
4. I am able to always begin with the end in mind.
5. I am able to put first things first.
6. I am willing to win and to allow others to win. I focus my thoughts, energy and attention on the successful outcome of all my endeavours. I am successful.
7. I am able to seek first to understand and then to be understood. I am loyal to the absent. I am honest and I only ever make agreements I am willing and intend to keep.
8. I am a team leader, I set an example that others can follow and work with my fellow teammates to create a winning team. I synergise.
9. I am always sharpening the saw. I am a learning machine and I realise that by gaining and applying new knowledge I can succeed through any fear, challenge, problem or opportunity.
10. I am both motivating and motivated. I go after goals as if they are a must not just a want and thus, I inspire and motivate others to achieve with me.
11. I am a person with high level of self-esteem and a great confidence in my own ability to achieve everything I set my mind to.
12. I am a fit, healthy and vibrant person. I know that being healthy gives me the ability to experience my amazing life and, that my fitness gives me the power and energy to lead, strive and to truly succeed when others fall behind.
13. I am a fun, joyous and amazingly happy person.
14. I am always able to deliver products of exceptional quality that add value to all involved for the long term. I am a great coach!
15. I am a truly grateful and giving person who contributes and serves personally. I celebrate my wins and those of the people around me.
16. I am abundant. I know that abundance shows up in my life to the degree I create abundance for others.