



**I AM A
COMFORT
KILLER**

**TWENTY-ONE
AFFIRMATIONS FOR
A COMFORT KILLER**



I AM A COMFORT KILLER

I am passionate about taking necessary action to fulfill my dreams. I know and believe that I am creator of everything I experience in life. I take responsibility whether the outcome is good or bad. I have a deep trust in my journey because I believe in my abilities.



I AM A COMFORT KILLER

I write my goals down and read them aloud every day so that it may be reinforced and always in my thoughts. I conquer and dominate any challenges that I face with persistent and consistent action. I write my plan of action out in great detail and will not be sidetracked by any external forces.



I AM A COMFORT KILLER

I practice gratitude daily by appreciating what I already have in my life. I appreciate the people in my universe and all that I have already attained. I do this by saying it as soon as I rise in the morning. I thank the universe and myself for another opportunity to reach my goals. I say it out loud: Thank you for this day to create. Thank you for the support I have. Thank you for everything I do have. Today is a _____ day. (Productive, successful, beautiful, peaceful, awesome, abundant)



I AM A COMFORT KILLER

I create a value system and live through it. Integrity is important to me. Synergy is vital. I know that in order to receive, I have to give without expecting anything in return. I am always available to help anyone that asks. I also know that I must treat all my fellow humans with the utmost respect, because I believe that people will show up at the right time to support me.



I AM A COMFORT KILLER

I know that time is a precious commodity that I must manage wisely. I know that wasted time takes me further away from my goal and dreams. I dominate time by being mindful of it, working with it and I know that I have to maximize time to succeed.



I AM A COMFORT KILLER

During my travels and commute, I opt to listen to audiobooks instead of music and talk radio. In my free time, I read books that will support my growth and teach me new techniques, strategies and standards that'll support me at the right time.



I AM A COMFORT KILLER

I know my power. I learn to change my attitude and vision. I no longer debate, argue or involve myself in meaningless activity among my peers. I expand my reach by being around people who are more successful than I am. I offer help to these people but I do not expect anything in return. I change my crowd and by doing that I change my outcome.



I AM A COMFORT KILLER

I am honest and forgiving. I am genuinely interested in win/win outcomes in all my ventures. I always look at the growth potential in my failures and find a way to utilize the lessons learned in an effective way next time.



I AM A COMFORT KILLER

I am aware of my thoughts, so much that I can change negative thoughts into positive ones. I visualize my plan then execute them precisely. I meditate and relax daily as a way to tap into my creative genius which is always there to share the wonders within myself.



I AM A COMFORT KILLER

I know that action is the key to success – and no matter how small I take action everyday towards my goals. I know when something is not working for me when my intuition [gut feeling] says it. I listen to myself and I am conscious of the feelings I receive from any action I take.



I AM A COMFORT KILLER

I understand that my circle of friends should benefit and support my growth during this journey. I know that most of my friends may not like my choice to skip parties, dinners and events because I am too focused on succeeding. These friends will begin to say I have changed and I thank them for the compliment.



I AM A COMFORT KILLER

I know that willpower fades so therefore I motivate myself constantly by being around inspiring individuals, listening to other people's success stories or reading through my journal. I also self-motivate with positive purposeful experiences with family and friends who encourage my journey. I go to seminars and join meetup groups as a way to get pumped up for success.



I AM A COMFORT KILLER

I love personal development. I love when my strengths are utilized. I do not focus on my weaknesses, instead I outsource them. I set personal development goals for myself that I know will take me to the next level in life. I take pride in learning more about myself.



I AM A COMFORT KILLER

I know that the universe supports and guides me. I know that success is an action word which is programmed as a ritual. I create new habits that strengthen personal power. I know that my success depends on if I get up, get out and get it done. I SHOW up with a winning attitude.



I AM A COMFORT KILLER

I expect the best for myself. I never settle for average results and always create goals that stretch me. My goals excite me! I know that small goals are pointless. I go all in and take risks. My approach is calculated and never erratic. If something doesn't serve my best interest, I simply say no.



I AM A COMFORT KILLER

I say no. I say no more than I say yes to a request. I know that I cannot commit to things that will not benefit my goal. I think before I speak. I do not react – I respond. I respond because I am responsible and also because I am a genius! I am the genie in my own bottle. I create synergy. I am the master of myself.



I AM A COMFORT KILLER

I achieve goals and succeed. I love my life and take care of my body. I eat clean, healthy and balanced. Activity is one of my goals. Health is priority above all else. I learn more about my body through research. I find alternative ways to stay healthy. I don't watch the news. I don't rely on quick tricks in my diet. I eat clean and exercise. I measure results. I set goals.



I AM A COMFORT KILLER

I use fear to measure my strength. When I feel fear coming, I tell myself I will overcome it by doing the very thing that caused fear. I never doubt myself and never second guess a decision. I stand behind all that serves me – in my career, business, relationships and growth.



I AM A COMFORT KILLER

I create, plan, act and measure. I do it in that order. I get up early every day regardless of what is scheduled. I make it my duty to rise early and go to bed early. I already know what tasks I must complete for the next day because I write them down the night before.



I AM A COMFORT KILLER

I think and act like I already achieved my goals. I walk like success and talk like success. I visualize myself already in the state of achievement. If losing weight is a goal of mine, I make it specific. I tell myself that I love being my achieved weight even though I didn't even lose a pound. I begin with the end in mind.



I AM A COMFORT KILLER

This is my life now – This is the journey I am on. From this day on, I will live an uncomfortable lifestyle, overcome any challenges and create what I want in my life. From this day on I will be the master of my fate.