



Presents

Personal Affirmation
Inner Reflection

POWER Sheet

February 17, 2014

Purpose Optimized With Extraordinary Results™

With Ann Rusnak



Publication Notice

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Self-love paves the way for loving others

Loving myself is the key to showing love for others. ***Each day, I endeavor to show myself unconditional love.*** I use my own experiences as a gauge for handling situations with those around me.

I am kind to myself. When I see something I want, I allow myself to indulge. I know I am deserving of good things in life.

I only think positive thoughts about myself. I avoid putting myself down after trivial or complex disappointments. I am human and capable of making mistakes, but I am able to forgive myself and move on with self-confidence.

For every kind word I say to myself, I match it with a kind word to someone else.

When I love myself, it is easy for me to be kind to others. I am able to share my last dollar with someone in need. I acknowledge that others may have greater needs than I. I strive to treat others in a loving manner.

On days when I feel discouraged, I make a special effort to think before I speak or act. This ensures that I remain respectful and kind to others.

Today, I recognize the importance of treating others as I want to be treated. I know that I can draw on my self-love for more positive interactions with others.

Devote 15 -20 minutes for yourself and answer your Inner Reflection Questions on next page.

Inner Reflection Questions

1. How do I show my love for myself and others?

2. What do I tell myself when I am feeling discouraged?

3. When do I rely on encouragement from others to help me feel special?

Repeat this affirmation when you wake up and before you go to bed.

Receive the *Transform Your Thinking... Transform Your Results* Jumpstart Kit when you join the FREE Gem's level of the Inner Connect Club

<http://annrusnak.com/joinclub/>



7 Tools to Create the Life of Your Dream



About Ann Rusnak

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Business mindset strategist, Ann Rusnak, brings over 25 years of entrepreneurial experience combined with her personal self-discovery journey. She helps womenpreneurs gain the essential confidence essential and self-appreciation necessary to sharing their gifts and getting paid what they're truly worth.

Using the holistic approach of the **ACE** Success System™, developed by Ann Rusnak, womenpreneurs can finally remove their self-imposed limitations to connect with their inner power, inner success and their **Magical** **Essence** easily and effortlessly. Ann's method makes it possible for you to make positive shifts in your life, your business and your income while taking control of your economic well-being, living a more fulfilled life.

Ann says, "I believe we're born with so much potential and countless gifts. Sadly, we rarely maximize our potential or use our abundant gifts! I love that through my experiences, both professional and personal, I have the essential tools to help women grow closer to maximizing their potential."

We specialize in helping you get unstuck from frustration to moving your business and success dreams forward.

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