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Presents

Personal Affirmation  
Inner Reflection

POWER Sheet

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Purpose Optimized With Extraordinary Results™

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With Ann Rusnak



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## I change my life by transforming myself

When I want to change some aspect of my life, I determine what changes in myself can help bring it to fruition. ***All of the changes in my life are initiated from within.*** I am the change and I own it.

I am free of worry regarding the future. I know I can control my life by managing my own thoughts and actions.

I am moving forward on my chosen path. I can do anything and go anywhere. All of my desires are well within my reach.

***I am able to overcome my past and create a new future by making personal adjustments.*** Whenever I encounter an obstacle, I can find a way around it by making a new change in myself or my actions.

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

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

I have a strong sense of determination which keeps me focused on finding solutions. If one change fails to work, I come up with another idea and try that one until I find one that moves me forward to where I want to be.

My ability to change myself and my life is unparalleled. They are inseparable. ***I know it is solely up to me to make whatever changes I want in my life.***

Today, I recognize the changes I want to make within myself. I continue to rise above my previous expectations. I know I can alter my life at any time by transforming myself. I am continually evolving.

# Inner Reflection Questions

**1. What changes do I want to make in my life?**

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**2. What can I do to realize those changes?**

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**3. How have I successfully changed in the past? How did it affect my life?**

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Confidence is a critical part of business development success.

Start Receiving the **7 Step to Release Self Doubt, Boost Your Confidence to Achieve Success** Mini-Course when you join the FREE Gem's level of the Inner Connect Club

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





## 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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