

Personal Affirmation

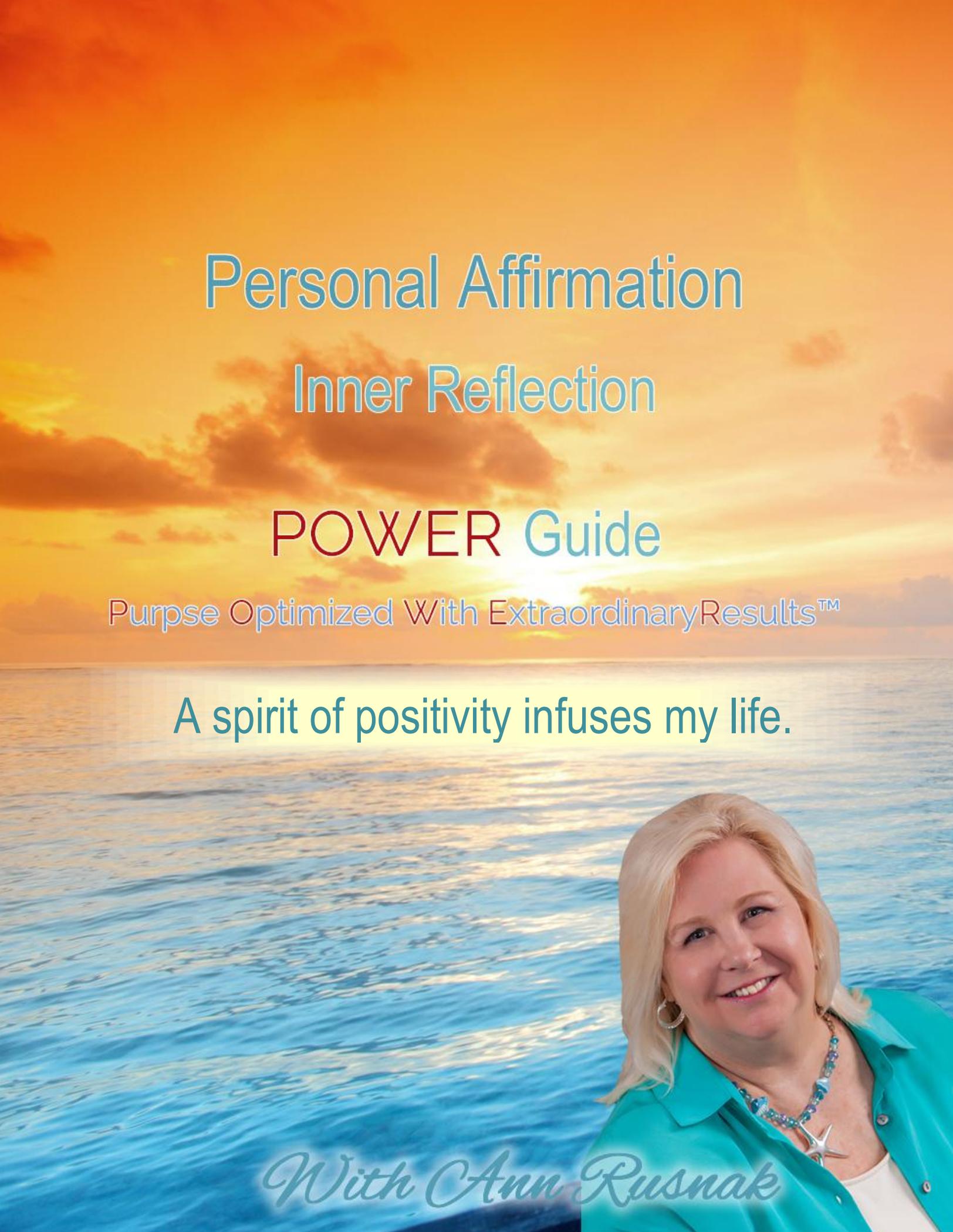
Inner Reflection

POWER Guide

Purpose Optimized With ExtraordinaryResults™

A spirit of positivity infuses my life.

*With Ann Rusnak*

A woman with blonde hair, wearing a teal shirt and a necklace, smiling against a background of a sunset over the ocean.



**Publication Notice**

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## A spirit of positivity infuses my life.

Life brings knowledge, wisdom, and contentment. I have the power to make my life positive. ***Regardless of what happens to me today, my positive nature prevails.***

I remind myself to think happy thoughts and reflect on everything that is good, wholesome, and fruitful in my life. When I concentrate on sharing my positivity with others, it not only lifts my spirits, it shines on to the world.

At home, I acknowledge the positive behavior of my children. When I verbally praise them, their eyes light up and they smile. Whenever I see my kids struggling with something, I allow them the time and space to resolve it. I believe they can learn to overcome their own challenges.

Their reactions tell me I am doing the right thing by taking a positive parenting approach.

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.**

When my partner helps me out, I feel grateful. The positive nature of our relationship gives me strength. ***I am sure that the love we share gets deeper and stronger because of my affirmation and open acceptance.***

My career also affords me the opportunity to share my positive nature. My bright and confident attitude toward others inspires my co-workers. I see the magic I can do by staying positive each day at work.

***Today, I plan to focus on sending out positive vibes to those around me.*** I can live a charmed life as I continue to impact the lives of others. I strive to offer encouraging words and a smile to maintain a positive outlook.

# Inner Reflection Questions

**1. How much positivity do I show to others each day?**

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**2. Do I notice the reactions of others when I express positivity?**

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**3. When I am feeling less than positive, what are my thoughts? What steps can I take in the future to transform those feelings into positive ones?**

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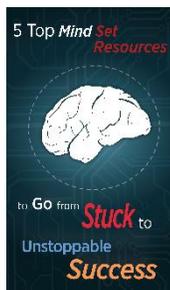
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**"5 Top Mindset Resources for Unstoppable Success"**  
Resource Guide

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## About Ann Rusnak

Ann Rusnak, brings over 25 years of entrepreneurial experience combined with her personal self-discovery journey. She gives women entrepreneurs the tools to go from stuck to unstoppable success, gain the essential confidence to move forward to build a profitable purpose-driven business.

Using the holistic approach of the **ACE** Success System™ she developed, women entrepreneurs 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 go deeper into yourself, where limitations exist, without stress and resistance. Making it possible for you to make lasting positive shifts in your 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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