



# 101 Powerful Affirmations

To Help You Attract Everything You Desire!

(NEW 10th Year Edition)

Yee Shun-Jian

[101PowerfulAffirmations.com](https://101PowerfulAffirmations.com)

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By Yee Shun-Jian

[101PowerfulAffirmations.com](https://101PowerfulAffirmations.com)

[BillionaireMindSecrets.com](https://BillionaireMindSecrets.com)

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## What Subscribers Are Saying About Yee Shun-Jian & 101 Powerful Affirmations:

### **"You are the Nelson Mandela of the internet"**

Hi Shun Jian,

I was so moved and touched by your honesty, humanity and pureness of spirit. I never realized what a humanitarian you really are. You REALLY are about making a difference for people. You are the real deal and what a refreshing share you gave. Wow! I am honoured to know someone like yourself. Sometimes when people seem "too good to be true" I can get skeptical. You really are that "good, kind person" that I see in your words online. You also inspire me in that your imperfections are worn with humility, dignity, courage, honesty and learning. I like who you are as a person. I like what you stand for. Honesty is such a rare trait to see nowadays that it takes a lot for me to trust. I really see you are honest and that looks so attractive on you Shun Jian. You inspire me. You are a leader. You are someone who practices what they preach. I really like that. And I like that you are human/imperfect and not afraid to admit it. I like you without all that money. You have so much more. You have potential, smarts, awareness, hands-on knowledge, success mindset, etc. I could go on. I am so thrilled to witness greatness. You are the Nelson Mandela of the internet to me. No one can be the same after they interact with you or hear your words. You are the real deal. I am so inspired by who you are not by what you do, although I know that what you will do will be a result of who you are and who you are is so wonderful!

Cyber Hugs,

**Diana Drew**

January 2, 2012 6:51am

### **“Giving me a hope to regain my life again”**

Hi Yee Shun-Jian,

Thank you very much for the free 101 Powerful Affirmations eBook.

I was struggling last three years with a rare health condition which has no cure so far. After passing three years of depressed life which can be expressed as a walking dead person who was living in this earth with complete denial and waiting for a death, but even death is not coming, instead expansion of suffering.

Uttering some of your selection affirmations continuously throughout the day and trying to believe those affirmations is giving me a strong hope to regain my life again. Somehow I am believing that if I can focus on what I want instead of what I don't want I can very much get back my life even better it was before the severe Tinnitus I am suffering.

Here's one of my favourite affirmations from book - "My grateful heart is a magnet that attracts more of everything I desire.

Thanks,

**Sujat**

January 20, 2013 10:46pm

### **"I'm cancer-FREE!"**

Dear Yee Shun-Jian,

I'm very grateful with your messages, I'm doing what you mentioned before, I read the 101 Powerful Affirmations in front of my mirror and it is helping me a lot. I had breast cancer 3 years ago, so I was going to an oncologist every month and 2 weeks after I said these affirmations he told me that I don't have to see him anymore. I'm positive to go forward with my life and be happy no matter what, but I do have some blocks from my past that are hard to remove, so I'm practicing every day in the morning and memorize them, so I can delete any data from my subconscious.

Thanks!!

**Claudia Gallo**

*December 6, 2012 11:13am*

## **Acknowledgements**

To my parents, Yee Chin-Khong and Yap Cheok-Thow, I'm eternally grateful to all the sacrifices you've made and for your unconditional love. I love you both!

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## Introduction

Hi, my name is Yee Shun-Jian and I am the best-giving author of many life-changing eBooks including *101 Powerful Affirmations* , [101 Effective Home Remedies](#) and [Secrets of The Billionaire Mind](#) which collectively have touched hundreds of thousands of lives worldwide.

First of all, I'd like to congratulate you for downloading this eBook. You now have before you an amazing, powerful resource for personal transformation.

Now, you may be wondering to yourself... "How can a couple of affirmations possibly help me, let alone *change my life*?"

In order to answer that question and show you the effects of using these affirmations diligently, let me share with you my personal story...

### How Affirmations Turned My Life Around

I used to work in a dead-end job... slogging from 8+ in the morning to 9+ at night.

To everyone else, I had it made - I was a college graduate, working in a respectable multinational corporation and earning a fairly decent salary.

Yet, somehow I wasn't happy at all!

Perhaps it was the long working hours... Perhaps it was the unavoidable office politics. Whatever the case, I soon found myself dreading going to work every day and I hated it.

Around the same time, my dad's health was deteriorating (He suffers from Churg-Strauss Syndrome, a very rare illness brought about by complications after an asthma attack) and I realized I needed to spend more time with him at home.

Amidst trying circumstances, I made one of the hardest decisions of my life – I tendered my resignation and became officially unemployed on 31<sup>st</sup> May 2007.



My intention was to find a way to make money from home, so I could help take care of my dad... The problem was I wasn't entirely sure how I could do that.

In order to gain more clarity and perhaps out of sheer desperation to succeed, I invested about \$20,000 of money I didn't yet have (through the use of credit card loans) into personal development, [internet marketing](#) and wealth seminars and related books/videos/audio programs and products.

In July 2007, I started my Personal Development Blog and freely shared what I learned from various success authors/speakers on my blog in my own words and using my own personal experiences.

For the first few months, I wasn't actually making any money at all. In fact, I was fueled by pure passion and a desire to help people improve their lives.

As the credit card bills came in month after month, I must admit I became rather stressed out and almost gave up... I mean, it wasn't easy trying to help others when you're busy trying to find ways and means to pay off your own self-imposed 5 figure debts!

It was at this point of time that I came across and watched this movie called "The Secret" and learned about the principles of the [Law of Attraction](#).

Basically, the simplest way to explain Law of Attraction is that everything we attract into our lives is due to our thoughts and that "Like attracts Like".

What this means is that if we keep thinking a certain thought (positive/negative) over and over again with strong emotion, we manifest what we think about into reality.

In other words, we attract what we focus on.

So if we focus on lack, we attract it. If we focus on abundance, we attract that.

Thoughts lead to feelings which lead to actions which in turn lead to results.

If we want to change the results we get in our lives, we need to start by changing our thoughts.

Now, you must be thinking, "How can I change my thoughts (*so they empower*

*me instead of limit me)?”*

Excellent question... because that was what I was thinking too!

I started researching extensively for the answer to this question and that was what led me to manifest *101 Powerful Affirmations* into my life.

You see, what we say to ourselves on a continual basis (self-talk) affects what and how we think and feel about ourselves.

They say we are usually our own worst critics... and this is evident in the things we say to ourselves every day.

*“Ah... I didn’t bring my keys again today... why am I so forgetful???”*

*“Nobody laughed at the jokes I prepared for the presentation. I’m a lousy and boring speaker... I probably shouldn’t volunteer to speak next time...”*

*“Sarah didn’t respond to any of the messages I sent her after our blind date... Did she find me unattractive? Am I not good enough for her?”*

Sooner or later, such negative self-talk creep into our subconscious mind and we repeat them over and over again on autopilot without realizing it and worse, allow the accompanying limiting thoughts such as *“I’m forgetful, I’m no good at public speaking, I’m unattractive, I’m too fat, I’m not good enough, I’m stupid etc.”* to form our beliefs and dominant reality.

Then as we attract more and more situations which seem to prove such thoughts right (remember that what we think about, we bring about), we go into a downward spiral and prevent ourselves from attracting the abundance, love and happiness that we truly deserve.

This is where positive affirmations come in...

They serve to neutralize the negative inner chatter and *in the long term*, replace those limiting self-talk/thoughts with empowering, loving thoughts that open your mind to see possibilities and opportunities instead of obstacles.

That’s what *101 Powerful Affirmations* did for me.

Now, to be honest, I only tried out affirmations because I was already at my wits' end.

If you recall, I was struggling to pay off a 5 figure debt through an online business that wasn't yet making any money. I was so desperate that I was willing to try out anything.

And "anything" included going to the mirror twice a day, looking into my reflection and saying positive statements to myself that I didn't yet believe.

In fact, I remember that when I first started using the affirmations, I felt weird, awkward and even embarrassed. I thought it was ridiculous that I was saying things that seem to contradict what was actually going on around me!

If you ever experienced such reactions, let me reassure you that it's perfectly natural.

Our subconscious minds are powerful servants designed to value efficiency and energy conservation so it's likely to oppose anything that contradicts the old programming that it's used to.

The amazing thing though is that if you persevere on and keep repeating something over and over again, you start to believe it and see the results manifest in your life (Hey, isn't that exactly how you got stuck with your old programming and results in the first place? =P)

And that was what I did...

Despite the initial unpleasant reactions, I pushed on and used the affirmations every day (and I'm glad I did!)

Day by day, as I read the affirmations out loud, while looking into my reflection in the mirror, I started saying them with more power, conviction and faith.

I started feeling really good about myself and knew with great certainty that I was going to attract many good things into my life.

Within a month of diligently using the affirmations, I made my first sale from my website.

It was only \$97... really nothing to shout about... but I knew, from the bottom of my heart, that it was the start of better things to come!

And I was right...

I reinvested my profits into ads and soon started seeing my income increase by about \$1,000 month on month.

I went on to manifest S\$103,789.85 in internet revenue in 2009



*Graduates from a Blogging Workshop I conducted in April 2009*

And that's not all...

Not only did my business and financial situation improve... so did the other areas of my life!

I started travelling the world, meeting lots of cool people along the way...



*Cool people I met from around the world on a London Pub Crawl in April 2011*

I lost 10kgs within a couple of months, expanded my social circle locally and internationally and got invited to the best parties...





*Having fun and enjoying myself at a Rock Star Themed Party*

This was all great but let me tell you the best gift I've received from the universe so far...

It's what I'd call a [miracle](#).

You see, the doctors told my family back in 2004 that due to the nature of my dad's rare illness, he would only live for another 3 to 5 years.

Well guess what?

The doctors were wrong!

We celebrated my dad's 60<sup>th</sup> Birthday and my parents' 30<sup>th</sup> wedding anniversary in 2010 and my dad's still very well alive and kicking as I'm writing this.



*Celebrating my parents' 30<sup>th</sup> Wedding Anniversary in 2010*

Now you've already seen how using the affirmations I'm about to pass on to you and purposefully activating the law of attraction has changed my life and those of the people around me.

I hope you've already started to realize and appreciate the power, potential and possibilities of the gem of a gift I'm handing you.

Are you ready to let *101 Powerful Affirmations* transform your life too?

If so, turn on over to the next page and start activating the law of attraction for yourself...

I'm waiting to receive your success stories! =)

## Affirmations for Healthy Weight and Body Image

- Today I love my body fully, deeply and joyfully.
- My body has its own wisdom and I trust that wisdom completely.
- My body is simply a projection of my beliefs about myself.
- I am growing more beautiful and luminous day by day.
- I choose to see the divine perfection in every cell of my body.
- As I love myself, I allow others to love me too.
- Flaws are transformed by love and acceptance.
- Today I choose to honor my beauty, my strength and my uniqueness.
- I love the way I feel when I take good care of myself.
- Today my own well-being is my top priority.



## Affirmations for Self-Confidence and Self-Belief

- Fear is only a feeling; it cannot hold me back.
- I know that I can master anything if I do it enough times.
- Today I am willing to fail in order to succeed.
- I believe that I have the strength to make my dreams come true.
- I'm going to relax and have fun with this, no matter what the outcome may be.
- I'm proud of myself for even daring to try; many people won't even do that!
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for victory!
- With a solid plan and a belief in myself, there's nothing I can't do.

## Affirmations for Abundance and Prosperity

- I open to the flow of great abundance in all areas of my life.
- I always have more than enough of everything I need.
- Thank you, thank you, thank you, thank you!
- Today I expand my awareness of the abundance all around me.
- I allow the universe to bless me in surprising and joyful ways.
- My grateful heart is a magnet that attracts more of everything I desire.
- Prosperity surrounds me, prosperity fills me, prosperity flows to me and through me.
- I exude passion, purpose and prosperity.
- I am always led to the people who need what I have to offer.
- As my commitment to help others grows, so does my wealth.
- My day is filled with limitless potential in joy, abundance and love.

## Affirmations for Life Purpose

- The better I know myself, the clearer my purpose becomes.
- My unique skills and talents can make a profound difference in the world.
- Today I follow my heart and discover my destiny.
- I am meant to do great things.
- I am limited only by my vision of what is possible.
- My purpose is to develop and share the best parts of myself with others.
- Today I present my love, passion, talent and joy as a gift to the world.
- I need not know the entire journey in order to take one step.
- I fulfill my life purpose by starting here, right now.
- My life purpose can be whatever I decide to make it.

## Affirmations for Inner Peace

- All is well, right here, right now.
- Peace begins with a conscious choice.
- Today I embrace simplicity, peace and solace.
- A peaceful heart makes for a peaceful life.
- I trust the universe to deliver my highest good in every situation.
- By becoming peace, I create peace in every experience.
- I am filled with the light of love, peace and joy.
- Peace comes when I let go of trying to control every tiny detail.
- Where peace dwells, fear cannot.
- Today my mission is to surrender and release.

## Affirmations for Opportunity

- Today I open my mind to the endless opportunities surrounding me.
- Opportunities are everywhere, if I choose to see them.
- I boldly act on great opportunities when I see them.
- My intuition leads me to the most lucrative opportunities.
- An opportunity is simply a possibility until I act on it.
- Some of the best opportunities are made, not found.
- Today I see each moment as a new opportunity to express my greatness.
- I expand my awareness of the hidden potential in each experience.
- Let each of my experiences today be a gateway to something even better.
- Each decision I make creates new opportunities.

## Affirmations for Love

- I am ready for a healthy, loving relationship.
- All of my relationships are meaningful and fulfilling.
- As I share my love with others the universe mirrors love back to me.
- I see everyone I meet as a soul mate.
- I trust the universe to know the type of partner who is perfect for me.
- Today I release fear and open my heart to true love.
- I am grateful for the people in my life.
- I am the perfect partner for my perfect partner.
- I deserve a loving, healthy relationship.
- I deserve to be loved and I allow myself to be loved.

## Affirmations for Healing

- I am strong and healthy.
- My energy and vitality are increasing every day.
- I open to the natural flow of wellness now.
- My inner guidance leads me to the right healing modalities for me.
- Abundant health and wellness are my birthright.
- Thank you for my strength, my health and my vitality.
- I am feeling stronger and better now.
- I love taking good care of myself.
- Today nurturing myself is my highest priority.
- Thank you for the opportunity to balance my mind, body and spirit.

## Affirmations for Inner Clarity

- Today I awaken to my higher wisdom.
- My inner voice guides me in every moment.
- I am centered, calm and clear.
- I always know the right actions to achieve my goals.
- When I know where I'm going, getting there is a cinch!
- Today I am completely tuned in to my inner wisdom.
- Harmony is always a sign that I am balanced from within.
- Thank you for showing me the way to my dreams.
- I trust my feelings and insights.
- I am detached and open to divine guidance.



## Affirmations for Self-Love

- I am filled with light, love and peace.
- I treat myself with kindness and respect.
- I don't have to be perfect; I just have to be me.
- I give myself permission to shine.
- I honor the best parts of myself and share them with others.
- I'm proud of all I have accomplished.
- Today I give myself permission to be greater than my fears.
- I love myself no matter what.
- I am my own best friend and cheerleader.
- Thank you for the qualities, traits and talents that make me so unique.

## Epilogue / Bonuses

Did you enjoy *101 Powerful Affirmations*?

I bet you did... and you're probably wondering...

"Shun-Jian, what has happened since you released the original version back in late 2011?" (and since the stories you've shared with me earlier in this book)

There is so much to say that I've written another eBook called "[Secrets of the Billionaire Mind](https://BillionaireMindSecrets.com)" where I share the 21 biggest secrets I personally learned from meeting, face-to-face, 12 of the wealthiest people alive today!

It's 101 pages of goodness and I am giving it away completely FREE at <https://BillionaireMindSecrets.com> (so go grab it now while it's still available)

Now suffice to say, *101 Powerful Affirmations* is just the start.

Remember that ACTION is key to making law of attrACTION work for you.

So don't just use the affirmations every day but DO NOTHING else at all... because NOTHING's likely to happen..

I always like to use the example of the guy who's looking forward to winning the lottery but does not even bother to go out and buy a lottery ticket. LOL...

Personally I've invested well over 6 figures on personal development seminars and products, read 500+ books on relevant topics related to my business and used that knowledge, hand in hand with the affirmations I've given you to attract the people, resources and opportunities I desire into my life.

You don't necessarily have to follow in my footsteps but do remember that continual investment in your education, whether in the area of learning how

to better use the law of attraction to your favor or specific business/life skills is going to pay off handsomely in the long run.

With that, I'll leave you to explore various bonuses I've carefully chosen to help you on your journey forward:

<https://101powerfulaffirmations.com/bonuses>

Hope you enjoyed this eBook & may you use the affirmations I've shared with you to attract everything you desire & more!

To Your Success,  
Yee Shun-Jian  
Chief Happiness Officer,  
101PowerfulAffirmations.com  
BillionaireMindSecrets.com

P.S. If you haven't already signed up for my FREE personal development email newsletter, please do so now so you can continue to receive powerful stories, lessons & resources from me:

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