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Changing your self perception

Dear :

Before I get to the rest of today's email, I'd like to remind you that I keep a page on my website that's not available from the menu. You're welcome to go back and re-read my previous emails. You're also welcome to share this link with friends and associates you think might enjoy them.

<https://agilemarketingservices.com/past-emails-newest-to-old...>



I have a 400 page notebook that I bought at the beginning of this past summer. I use it on a daily basis to write and re-write some information I created. It's currently broken into four sections. The last section is currently blank. In one section, I re-write what I call my business's Commandments - ten truths I try to bake into the services I provide my clients. In another section, I re-write my business's Mission and Vision statements. And in the first section, at the very beginning of the book, I re-write my affirmation statements.

According to Google, the affirmation process involves writing short, present-tense, positive statements about oneself and repeating them consistently to challenge negative thoughts and rewire the brain through neuroplasticity. To do this, identify limiting beliefs, convert them into empowering present-tense phrases (e.g., "I am strong" instead of "I am not weak"), and then repeat them daily with conviction and belief to create new, positive neural pathways and shift your mindset.

Technically, my entire journal is dedicated to that process. I re-write the information in each section on a daily basis to help me memorize and believe in my mission, vision, and commandments. And my affirmations, of course.

A personal affirmation system is something I recommend. Some people get more benefit from it than others. Some people think affirmations are total BS. I know I used to think that. I've changed enough over the years that I decided to try it. Old geezers like me might remember the Stuart Smalley skits on Saturday Night Live. Al Franken would look into the mirror and say, "I'm good enough. I'm smart enough. And doggone it, people like me!" That's a spoof of how some people practice daily affirmation.

I'm not saying that an affirmation system will work for everyone, or in every situation. However, I know that writing and re-writing information by hand every day helps reinforce the ideas being copied. I know the process has worked for some folks to help change their self perception as well.

It's a false idea that you must be at rock bottom to start an affirmation system, or for daily affirmations to help. Affirmations are simply one tool in your toolkit to help improve your life - personal and professional. You might want to consider starting an affirmation system. Use it every day for the next month, and evaluate how your thinking and actions change.

I would like to ask you a favor. I have openings for three clients in my schedule. If you think I've helped you or your business, I would appreciate if you would recommend Agile' to just one of your connections. Someone you believe would benefit from a relationship with myself and Agile'. You can have them call, text, or email me using the information below. Thank you!

Thanks for reading this email. I hope you find my messages helpful and educational.

Until next time, be well and stay healthy & happy!

Very best,

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