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# Foreword

Research projects support the need for affirmations and positive thoughts to better leadership abilities. Utilize this book to help guide you in affirmations for better self-awareness, tension relief, innovation, productivity and better leadership. Be vocal and transparent in your practice and help those that you lead to abide by your example. Do this - and you'll metamorphose yourself and your organization. Get all the info you need here.



## ***Leadership Affirmations***

The big book of affirmations from inspiring leaders

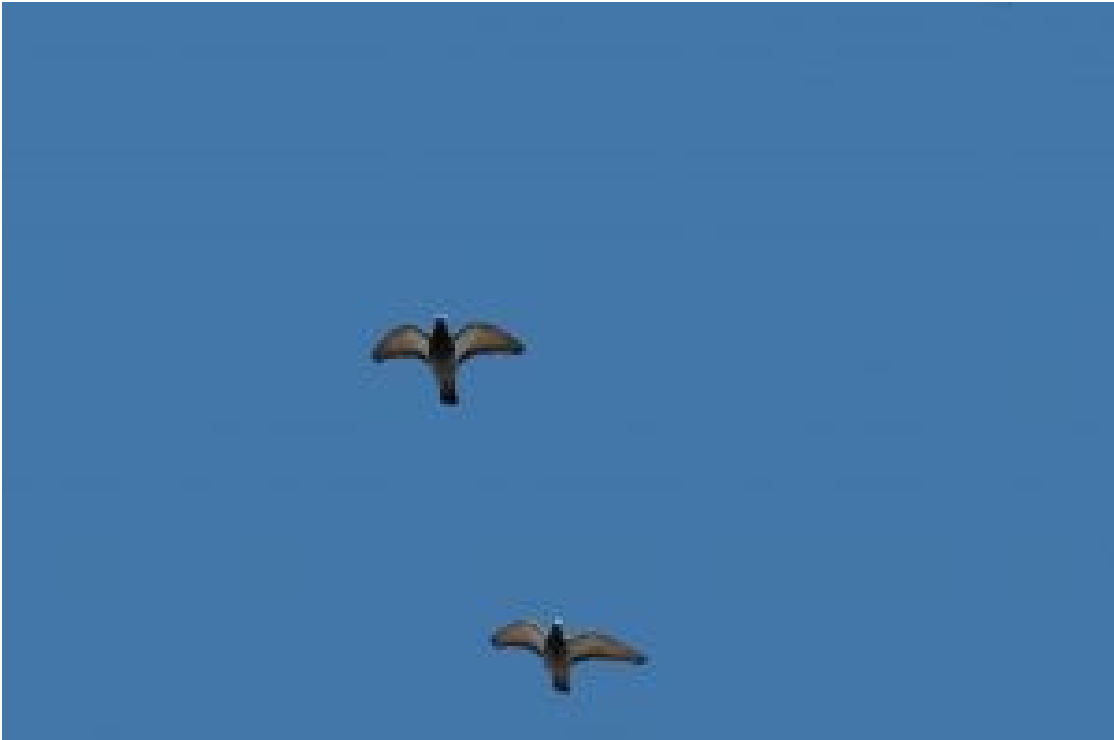
# Chapter 1:

## *What Are Leadership Affirmations Really*

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### Synopsis

Affirmations are a valuable tool to help alter the beliefs, images and thought processes that you have inside you that might be holding you back from accomplishing/altering/doing what it is you wish with your life.



## **The Basics**

As a matter of fact, your self-talk is an all-day-long affirmation. You have to realize though that what you might be affirming to yourself might not be the most good for you. For instance, how often have you said to yourself "No, I'm no good at ...?" "No, I might never do ...". These are both affirmations, but affirmations that stop you from getting what you want. You wish to design and utilize affirmations that support you in your personal growth.

Practice of positive affirmations and visualization on a steady, witting basis will help your success. Persistence accomplishes results much earlier than practicing sporadically; practicing your affirmations each day has a better effect. Affirmations by themselves, however, don't guarantee success you likewise have to take action.

**There are a few simple, yet crucial guidelines that are advocated when making your affirmations.**

- Be really certain about the true problem
- Affirm in the here and now
- It's altogether about You
- Engage your emotions
- Be convinced

- Be brief and particular
- Be precise
- Visualize vividly
- Capitalize on a good time of day

### **1. Be really certain about the true problem**

A lot of times individuals prepare affirmations around the symptom of their issue, instead of going to the true cause. If you affirm a symptom, instead of the true cause of your issue, you might well discover that you accomplish results in the short term, however long term the results are not going to happen. For instance, say you think you need a weight loss affirmation to affirm that you've lost 10 pounds. Which might be true, as you might need to lose 10 pounds.

However at a deeper level, the affirmation you might really need is about having a fit, positive body image. While you might in fact be heavy, you might well suffer from a notion that your body is ugly, that you're ugly and so forth. So as a matter of fact you might well need 2 affirmations - one about the loss of weight and one about your notion about yourself.

If you merely worked on the affirmation of being 10 pounds lighter, you'll in all probability accomplish that result - only to discover a few months later that all the weight is back.

As you start compose your affirmations, ask yourself, what is my true problem? This might require a good deal of reflection, brainstorming and honesty.

## **2. Affirm in the here and now**

Affirmations are better if stated in the here and now. For instance; "I now have a fantastic job" is a here and now affirmation. "I'm going to have a fantastic job" is affirming something in the future, and even though it's only a subtle shift in the verbiage of the words, your subconscious mind, like an iPod, only plays what you really place in there.

Consequently, by affirming, "I'm going to ..." you might well find yourself waiting a really long time for the results to occur, because you're forever 'going to'. Write it as though you've already accomplished it.

This might seem a little silly initially - as your reality is that you aren't a great leader for instance. All the same, your subconscious mind is far stronger than your conscious brain and whatever your subconscious mind believes always gets to be your reality. If ever you've found yourself saying, "I don't understand how come I can never be in a leadership role" it might be that your sub-conscious has a far stronger picture of your being a non leader than your conscious has of you being a leader. This technique talks directly to your subconscious mind.



### **3. It's altogether about You**

Your affirmation has to be about you. So it will always include either the word "I" or "me" in it. You can't make affirmations for others.

For instance you couldn't affirm: "My team members are open and honest with one another" - this affirmation will never alter their actions. All the same, if you were to state, "I'm open and honest with my team members as a role model to my team", then you might well discover that your personal change will, curiously enough, have a favorable affect on and might lead to shifts in those around you.

Others, reading your affirmations, might think they sound very egoistical and selfish. And that's precisely how they're meant to be - this is a self-reformation project. Not a 'be liked/get other people approval' project.

As a matter of fact, you might do well not to share you affirmations with others, especially if they're likely to put down your efforts or poke fun at you when you don't get right what it is that you're affirming.

For instance say you're affirming, "I'm calm and patient with the youngsters when they're fighting". Then the youngsters are fighting and you discover yourself screaming at them, your partner might well laugh at your attempts at changing your actions - 'ah that affirmation stuff doesn't work very well'. Your partner might not comprehend that these changes don't occur over night. However with persistence and practice, shifts will come about.

#### **4. Engage your emotions**

The emotion fuels the power to produce the result i.e. if it doesn't get you charged up; it isn't a powerful affirmation. So, become involved; be passionate; utilize your emotions! Utilize phrases like: I'm delighted, I'm so charged up, It is simple for me, etc. Bring your spirit and power in to the affirmation - the stronger the feeling an affirmation brings, the deeper the impression it makes on your brain and the sooner you experience favorable results.

#### **5. Be convinced**

Make affirmations in favorable terms while preventing negative statements. Affirm what you do wish, instead of what you do not wish. For instance: "I'm never sad or depressed." What pictures does this damaging statement instantly bring to your mind? Instead affirm, "I have a favorable and optimistic outlook on life". This statement is much more potent as it's favorable and reinforces your sought after goal.

The words that you utilize trigger in your brain emotions and feelings - you wish these to be favorable and uplifting. The fastest and simplest way to ensure that you compose your affirmation in the positive is to identify what it is you don't wish and then ask yourself the question: "What is it that I do wish?" Compose your affirmation from the answer you receive to this question.

## **6. Be brief & particular**

Brief affirmations are simple to say, and have a far greater affect at a subconscious level than those that are long and long-winded. Keeping them specific and to the point adds energy as the idea is uncluttered by external elements. If need be, have 2 or 3 affirmations around the one topic.

## **7. Be precise**

When it's suitable you have to put in numbers e.g. exact weight you wish to be, or the precise sum of money you're going to save. Or even the individuals that you see yourself being with e.g. "I am positive and self-assured whenever I'm with John".

## **8. Visualize vividly**

Now that you understand more about your affirmation the next step to manifesting what it is you wish is the procedure of vividly visualizing yourself as though you have already obtained your

# Chapter 2:

## *Leadership Quotes Leadership Quotes*

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# Synopsis

Leadership quotes can inspire you. Lets' have a look at a few.



## Quotes

- A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves. —Lao Tzu
- Where there is no vision, the people perish. —Proverbs 29:18
- The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant. —Max DePree
- Leadership is the capacity to translate vision into reality. —Warren Bennis
- Lead me, follow me, or get out of my way. — General George Patton
- Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others. —Jack Welch
- I must follow the people. Am I not their leader? —Benjamin Disraeli
- You manage things; you lead people. —Rear Admiral Grace Murray Hopper
- A leader is a dealer in hope. —Napoleon Bonaparte
- You don't need a title to be a leader. —Multiple Attributions

- A leader is one who knows the way, goes the way, and shows the way. —John Maxwell
- Never doubt that a small group of thoughtful, concerned citizens can change world. Indeed it is the only thing that ever has. —Margaret Mead
- The nation will find it very hard to look up to the leaders who are keeping their ears to the ground. —Sir Winston Churchill
- The most dangerous leadership myth is that leaders are born—that there is a genetic factor to leadership. That’s nonsense; in fact, the opposite is true. Leaders are made rather than born. —Warren Bennis
- My own definition of leadership is this: The capacity and the will to rally men and women to a common purpose and the character which inspires confidence. —General Montgomery
- Leadership is lifting a person’s vision to high sights, the raising of a person’s performance to a higher standard, the building of a personality beyond its normal limitations. —Peter Drucker
- To command is to serve, nothing more and nothing less. —Andre Malraux
- He who has never learned to obey cannot be a good commander. —Aristotle
- Become the kind of leader that people would follow voluntarily; even if you had no title or position. —Brian Tracy

- I start with the premise that the function of leadership is to produce more leaders, not more followers. —Ralph Nader
- Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes. —Peter Drucker
- You don't lead by pointing and telling people some place to go. You lead by going to that place and making a case. —Ken Kesey
- When I give a minister an order, I leave it to him to find the means to carry it out. —Napoleon Bonaparte
- Men make history and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better. —Harry S. Truman
- People buy into the leader before they buy into the vision. —John Maxwell
- So much of what we call management consists in making it difficult for people to work. —Peter Drucker
- Anyone can hold the helm when the sea is calm. —Publius Syrus
- A great person attracts great people and knows how to hold them together. —Johann Wolfgang Von Goethe
- The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to

keep from meddling with them while they do it. —Theodore Roosevelt

- Leadership is influence. —John C. Maxwell
- The art of leadership is saying no, not saying yes. It is very easy to say yes. —Tony Blair
- The very essence of leadership is that you have to have a vision. It's got to be a vision you articulate clearly and forcefully on every occasion. You can't blow an uncertain trumpet. — Reverend Theodore Hesburgh
- The key to successful leadership today is influence, not authority. —Kenneth Blanchard
- A good general not only sees the way to victory; he also knows when victory is impossible. —Polybius
- Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish. —Sam Walton
- A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent. — Douglas MacArthur
- A ruler should be slow to punish and swift to reward. —Ovid



- No man will make a great leader who wants to do it all himself, or to get all the credit for doing it. —Andrew Carnegie
- Leadership is the art of getting someone else to do something you want done because he wants to do it. —General Dwight Eisenhower
- The leader has to be practical and a realist yet must talk the language of the visionary and the idealist. —Eric Hoffer
- A great leader's courage to fulfill his vision comes from passion, not position. —John Maxwell
- A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be. —Rosalynn Carter
- The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly. —Jim Rohn
- Leaders think and talk about the solutions. Followers think and talk about the problems. —Brian Tracy
- A man who wants to lead the orchestra must turn his back on the crowd. —Max Lucado
- Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity. —General George Patton

- Effective leadership is putting first things first. Effective management is discipline, carrying it out. —Stephen Covey
- Great leaders are almost always great simplifiers, who can cut through argument, debate, and doubt to offer a solution everybody can understand. —General Colin Powell
- Great leaders are not defined by the absence of weakness, but rather by the presence of clear strengths. —John Zenger
- He who has great power should use it lightly. —Seneca
- He who has learned how to obey will know how to command. —Solon
- I am reminded how hollow the label of leadership sometimes is and how heroic followership can be. —Warren Bennis
- I cannot give you the formula for success, but I can give you the formula for failure, which is: Try to please everybody. —Herbert Swope
- If one is lucky, a solitary fantasy can totally transform one million realities. —Maya Angelou
- As we look ahead into the next century, leaders will be those who empower others. —Bill Gates
- All of the great leaders have had one characteristic in common: it was the willingness to confront unequivocally the major anxiety of their people in their time. This, and not much else, is the essence of leadership. —John Kenneth Galbraith

- Do what you feel in your heart to be right—for you'll be criticized anyway. —Eleanor Roosevelt
- Don't necessarily avoid sharp edges. Occasionally they are necessary to leadership. —Donald Rumsfeld
- Education is the mother of leadership. —Wendell Willkie
- If you would not be forgotten, as soon as you are dead and rotten, write either things worth reading, or do things worth the writing. —Benjamin Franklin
- If your actions inspire others to dream more, learn more, do more and become more, you are a leader. —John Quincy Adams
- In matters of style, swim with the current; in matters of principle, stand like a rock. —Thomas Jefferson
- It is absurd that a man should rule others, who cannot rule himself. —Latin Proverb
- Leadership and learning are indispensable to each other. — John F. Kennedy
- Leadership cannot just go along to get along. Leadership must meet the moral challenge of the day. —Jesse Jackson
- Leadership does not always wear the harness of compromise. — Woodrow Wilson

- Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy. — Norman Schwarzkopf
- Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership. —Colin Powell
- Leadership is the key to 99 percent of all successful efforts. — Erskine Bowles
- Leadership is unlocking people's potential to become better. — Bill Bradley
- Management is about arranging and telling. Leadership is about nurturing and enhancing. —Tom Peters
- It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership. —Nelson Mandela
- Lead and inspire people. Don't try to manage and manipulate people. Inventories can be managed but people must be lead. — Ross Perot
- Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal. —Vince Lombardi

- Leaders must be close enough to relate to others, but far enough ahead to motivate them. —John C. Maxwell
- Management is efficiency in climbing the ladder of success; leadership determines whether the ladder is leaning against the right wall. —Stephen Covey
- Never give an order that can't be obeyed. —General Douglas MacArthur
- No man is good enough to govern another man without that other's consent. —Abraham Lincoln
- What you do has far greater impact than what you say. —Stephen Covey
- The growth and development of people is the highest calling of leadership. —Harvey Firestone
- To do great things is difficult; but to command great things is more difficult. —Friedrich Nietzsche
- To have long term success as a coach or in any position of leadership, you have to be obsessed in some way. —Pat Riley
- True leadership lies in guiding others to success. In ensuring that everyone is performing at their best, doing the work they are pledged to do and doing it well. —Bill Owens
- We live in a society obsessed with public opinion. But leadership has never been about popularity. —Marco Rubio

- Whatever you are, be a good one. —Abraham Lincoln
- You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do. —Eleanor Roosevelt
- A competent leader can get efficient service from poor troops, while on the contrary an incapable leader can demoralize the best of troops. —John J Pershing
- Not the cry, but the flight of a wild duck, leads the flock to fly and follow. —Chinese Proverb
- One of the tests of leadership is the ability to recognize a problem before it becomes an emergency. —Arnold Glasow
- The final test of a leader is that he leaves behind him in other men, the conviction and the will to carry on. —Walter Lippman
- The greatest leaders mobilize others by coalescing people around a shared vision. —Ken Blanchard
- A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit. —John Maxwell
- There are three essentials to leadership: humility, clarity and courage. —Fuchan Yuan
- I am endlessly fascinated that playing football is considered a training ground for leadership, but raising children isn't. —Dee Dee Myers

- The supreme quality of leadership is integrity. –Dwight Eisenhower
- You don't lead by hitting people over the head—that's assault, not leadership. –Dwight Eisenhower
- Earn your leadership every day. –Michael Jordan
- A cowardly leader is the most dangerous of men. —Stephen King
- My responsibility is getting all my players playing for the name on the front of the jersey, not the one on the back. –Unknown
- A good plan violently executed now is better than a perfect plan executed next week. –George Patton.

If your actions inspire others to dream more, learn more, do more and become more, you are a leader. - John Quincy Adams

A leader is one who knows the way, goes the way, and shows the way.  
-John C Maxwell

The task of leadership is not to put greatness into people, but to elicit it, for the greatness is there already. -John Buchan

The very essence of leadership is that you have to have vision. You can't blow an uncertain Trumpet. -Theodore M. Hesburgh

Leaders are more powerful role models when they learn than when they teach. -Rosabeth Moss Kantor

The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint to keep from meddling with them while they do it. -Theodore Roosevelt

He that cannot obey cannot command. -Benjamin Franklin

All Leadership is influence. -John C. Maxwell

The only safe ship in a storm is leadership. -Faye Wattleton

Leadership is not magnetic personality that can just as well be a glib tongue. It is not "making friends and influencing people", that is flattery. Leadership is lifting a person's vision to higher sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations. -Peter F. Drucker

A leader leads by example, whether he intends to or not. -John Quincy Adams.

A community is like a ship; everyone ought to be prepared to take the helm.- Henrik Ibsen

A real leader faces the music, even when he doesn't like the tune.  
-Anon

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others. -Jack Welch

The key to successful leadership today is influence, not authority.  
-Kenneth Blanchard

Our chief want is someone who will inspire us to be what we know we could be. -Ralph Waldo Emerson



I start with the premise that the function of leadership is to produce more leaders, not more followers. -Ralph Nader

Don't tell people how to do things, tell them what to do and let them surprise you with their results. -George S. Patton

Great leaders are almost always great simplifiers, who can cut through argument, debate, and doubt to offer a solution everybody can understand. -General Colin Powell

The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly. -Jim Rohn



# Chapter 3:

## *General Leadership Affirmations*

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### Synopsis

You are able to affirm yourself into having great leadership qualities.  
Let's look at a few affirmations.



## **Affirmations**

- I am a thoughtful person and strive to inspire others with my words.
- I am always generous with praise and compliments.
- I inspire others to greatness.
- I inspire others to reach their goals.
- I am an inspiration to others.
- I am an inspiring mentor to others.
- I bring out the best in people.
- I have a magnetic personality.
- I help others to focus on the most positive aspects of themselves.
- I help people to be the best that they can be.
- I inspire and empower others to greatness with my infinite enthusiasm.
- I always encourage others towards their dream.
- I am a born leader.
- I lead others by setting a positive example.

- I am a great visionary.
- I know that I can only lead others where I have been before.
- I set a positive example for others.
- I set trends that others follow.
- I lead others by bringing out the best in them.
- I love being an inspiration to others.
- I remember to thank people often.
- I see the world not as it is, but as it can be.
- My passion for life inspires others.
- With every breath I take, I am bringing more and more charisma into my life.
- With every breath I take, I am bringing more and more magnetism into my life.
- My story of personal freedom inspires others to seek the same.
- My words inspire people all over the world.
- Today I successfully take center stage.
- People trust my opinions and expertise.
- I communicate clearly what I expect of others.
- I take charge easily no matter what the situation.

- People often look to me for advice.
- Making important decisions is just what I do.
- I quickly engage others in teamwork in order to optimize results.
- People recognize me as a leader.
- I am often called on to take charge of a situation.
- I embrace responsibility.
- I eagerly accept new challenges.
- My interpersonal skills are strong.
- I am a good decision maker.
- People look to me for guidance.
- I am able to take the lead.
- I am a proven leader.
- People always choose me as their team leader.
- Leadership comes naturally to me.
- I have superior leadership skills.
- I make things happen.
- I can draw out the best in others

# Chapter 4:

## *Leadership Quotes In Specific Areas*

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### Synopsis

For good leadership you must have skills in particular areas. Let's look at quotes for some of these particular areas.



## **Skills You Need**

### **Listen**

- “When people talk, listen completely. Most people never listen.”  
—Ernest Hemingway
- “The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.” —Ralph Nichols

### **Stories**

- “If you tell me, it’s an essay. If you show me, it’s a story.” —  
Barbara Greene
- “You’re writing the story of your life one moment at a time.”—  
Doc Childre

### **Being Authentic**

- “Authenticity is the alignment of head, mouth, heart, and feet —  
thinking, saying, feeling, and doing the same thing —  
consistently. This builds trust, and followers love leaders they  
can trust.” —Lance Secretan
- “You can’t talk your way out of that which you behaved yourself  
into; you must behave your way out.” —My version of Stephen  
Covey’s famous quote

## **Being Transparent**

- "As a small businessperson, you have no greater leverage than the truth." —John Whittier
- "There is no persuasiveness more effectual than the transparency of a single heart, of a sincere life." —Joseph Berber Lightfoot

## **Working Together**

- "Individuals play the game, but teams beat the odds." —SEAL Team saying
- "In the end, everyone will know that everyone did it." —Lao Tzu

## **Being Responsive**

- "Life is 10 percent what happens to you and 90 percent how you react to it." —Charles Swindoll
- "Your most unhappy customers are your greatest source of learning." —Bill Gates

## **Being Adaptable**

- "When you're finished changing, you're finished." —Benjamin Franklin



- "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." —Charles Darwin

### **Loving What You Do**

- "I'll quit competing when my heart quits beating." —Michael Jordan
- "I have no special talents. I am only passionately curious." —Albert Einstein

### **Surprise and Delight**

- "Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw out the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." —Mark Twain
- "Surprise is the greatest gift which life can grant us." —Boris Pasternak

### **Making Things Easy**

- "Less isn't more; just enough is more." —Milton Glaser
- "Simplicity is the ultimate sophistication." —Leonardo da Vinci.

# Chapter 5:

## *Conclusion*

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An affirmation is a statement that you say to yourself to help you accomplish a goal, overcome an issue, defeat a belief, or to alter a behavior in your life. They might be utilized to help you in the short term or in the long run.

By saying them daily, or even thinking them in your head, you may direct your thoughts to becoming fact.

Affirmations are meant to positively move you to succeed.

For instance, if you're a salesman and among your goals is to sell \$5,000 worth of product weekly, you may create an affirmation to say on a daily basis to help you remind and motivate yourself to accomplish your goal.

An affirmation for the above goal may be:

“Today, I'll have sold at least \$1,000 worth of product.”

Basically, affirmations are an excellent technique for accomplishing your goals.

Psychologically, it helps your brain make the transition to what you wish to be more rapidly than if you didn't utilize an affirmation.

Utilizing affirmations is an excellent way to help up-and-coming leaders to accomplish their goals and to heighten leadership skills.

What if you don't believe you're leader material, as you don't possess the right skill sets of an effective leader?

Attempt saying this affirmation on a day-to-day basis:

"I'm a knowledgeable and efficient leader."

This affirmation may turn your doubt into assurance.

Affirmations ought to be utilized for any situation you would like to alter.

Set up a few goals and make affirmations for them.

It's recommended that you say them to yourself in the morning, before you begin your day, for best results. You may likewise say them at different times of the day as long as you're doing it in repetition.

And finally, they're likewise utilized when the behavior, belief, or issue is happening or directly after it's happening.

The idea is to say them till you become them.

Affirmations are meant to help you get over negative thoughts that may undermine your well-being.

Affirmations help reprogram your thinking so that you may think and act positively toward your goals through visualization and repetition. In any event, affirmations may help confidence, lower tension, better self-esteem, and they may help improve your life.