

Unleash your 'S Lagical Essencem



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Unleash your Magical Essence™

Publication Notice

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Introduction

Every person is born with the desire to realize their potential... the greatness inside them. Every person naturally wants to become all that they can become. It is our human nature to desire and realize our inborn possibilities.

The only difference between successful and unsuccessful people is the quality of their actions, habits and thoughts.

The actual cause of unstoppable success is something already within you.

If success is already in you, why don't you have what you want?

If you don't have what you want it's because your subconscious holds contradictory intentions for you and is in conflict with our conscious mind. Your current life is the sum of your habits. Your current habits support your current belief system. All actions and reactions are based upon a belief...whether true or false.

When you change your thoughts, you change your belief system and then you replace your habits to support your new belief.

"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become your character.
Watch your character; it becomes your destiny."
~Margaret Thatcher

This playbook contains the same 21 affirmations Marie used to transform her mindset and connect with her Magical Essence.

Anchoring Your New Positive MEssages

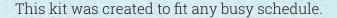
The playbook takes the transforming routine on page 111 of The Journey to ME book to a deeper, more connecting level for quicker results.

We expanded each affirmation into a very short insightful meditation to sneak past your chattering inner critic's defenses.

Anchor your new affirmation into your belief system by contemplating on the words.

- 1. Start your day and end your day with one affirmation.
- 2. You can read it to yourself, or aloud.
- 3. Answer the three Deep Dive Anchor ME Reflection Questions.

Getting the most from your Unstoppable Success Kit



- 1. *Morning* Watching your video and read one meditative affirmation about 5 minutes
- 2. *Throughout the day* listen to the audio and/or watch the video
- 3. *Evening* Read the morning affirmation again and answer the 3 questions. (Hint: there are no right or wrong answers. Write the first thing that pops into your brain. Don't over think.)

Get Support and Help

Any questions, thoughts you'd like to share? You're invited to join the FREE Unstoppable Success Group. http://UnstoppableSuccessGroup.com

Stay Unstoppable,



Ann Rusnak

The Journey to ME Anchor Affirmations

- I love being me
- I am worth loving
- I rise above all limitations
- I have the power to make changes
- I create wonderful new beliefs for myself
- I love and accept myself
- I treat myself with unconditional love
- I am perfect exactly as I am
- I am willing to see my own magnificence
- I think and speak positively
- I accept all parts of myself
- This year I do the mental work for positive change
- I am my own unique self
- I am a natural winner
- I trust the intelligence within me
- I allow myself to be guided by intuition

The Journey to ME Anchor Affirmations

- I freely express who I am
- I love myself totally in the now
- I have unlimited potential
- I am a Yes person

Affirmations can be a great way to take control of your life. They help reform your thought process in ways that make things happen.

They are simple statements we can use to improve our self-esteem, help us reach a goal, break a bad habit, find love, or even discover joy in our lives. Positive affirmations work hand in hand with our subconscious to make lasting changes for the better.

Say your affirmations with emotion and feelings.



I am good enough

I am strong enough, smart enough, and good enough. I find authentic joy in my own existence.

I have self-love, and self-worth.

I recognize that my abilities are sufficient. I have more than the adequate amount of talent and skills. I push against negative thoughts that can make me feel worthless.

I have peace in my heart and soul because I recognize that I am enough. I do enough, work enough, and play enough.

I have love and compassion for the people in my life. I have sympathy for the plights of others. I have enough empathy for the world. I practice kindness, and what I do each day is enough.

I let go of the limiting beliefs that affect my self-worth.

Instead, I focus on the positive aspects of my life. I treasure my friends, family, and coworkers. I eagerly share my wealth with them. I cherish the time we spend together and live in the moment.

I am enough the way I am right now.

I let go of the feelings that suppress my self-love and joy. I eliminate the negativity that drags me down.

Today, I acknowledge that I am good enough. I deserve love, joy, and wealth. I am strong enough to handle challenges. I am smart enough to make wise decisions. I am brave enough to live life on my terms.



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0 11	and I finds the facility we that abolion we want and suggests
Z. HOW	can I fight the feelings that challenge my self-worth?
3. What	can I do about people and situations that make me feel worthless?
7	

I LOVE Being Me

I love being me

I value myself because I am different. I am exactly as I am meant to be, and I feel pride when I think about this. *Only I can make my own unique contributions to the world.* Therefore, I choose to use the talents bestowed upon me to make positive changes.

There is unspoken beauty in being the only one like me. This is as true in my own family as anywhere else. As much as I love my family members as a group, I also embrace each of them for their differences, both from each other and from me. Like each of them, I am an integral piece in the family puzzle.

When negativity presents itself in my life, I draw on my inner strength to rise beyond the issues at hand. *In any challenging situation, I take time to consider all the things that make me special and to remember my own worth.*

I continually acknowledge the aspects of me that make me proud of my existence. I actively avoid allowing others to downplay my value.

Although I know my own worth innately, I also see it reflected in my dealings with others. Each day, as I interact with others, I love myself more and more because I realize that nobody contributes to their lives in exactly the way that I do.

Today, I commit to embracing my uniqueness, regardless of anything others may say. My belief in myself and my own worth brings love not only to me but also to those around me. Because I cherish myself, I spread joy wherever I go.



	do I feel when others are positively affected by my uniqueness?
L	
2. Why	is it important for me to focus on my positive attributes?
3. Wha	t unique traits of mine can I demonstrate today?



I am worth loving

I deserve love in my life. I am worthy of having love from my partner and family members.

I bask in the love from my family, friends, and coworkers.

I deserve appreciation and kindness. I deserve a partner who understands me and supports me.

I enjoy all the love I receive throughout the day. Each smile and gesture warms my heart. I am happy to be surrounded by people who care about me. I return the love I receive with the same enthusiasm.

I am grateful for the connections I form with others.

I deserve to have people who care about me at work and at home. I am worthy of their attention. I accept their love.

I am happy to have intimate connections with my partner. I am able to be vulnerable and free in their presence.

I love myself and acknowledge my own power.

I erase negativity from my thoughts and heart. I fill my soul with love. I build healthy and strong relationships that lift me up. I focus on those who truly care about me and wish me the best. I let go of those who hold back their love.

Today, I focus on love and know that I deserve it. I show my love for others and welcome it in return.



t can I do to increase the love I feel for others?	
can I focus on my love for others while I am busy with other	r tasks?
	can I focus on my love for others while I am busy with other

I Rise Above All Limitations

I rise above all limitations

Limitations are opportunities to be explored. I may do things differently than some people, but there are many things I am good at. I do what I am capable of, and I do those things well. **Nothing stops me or drags me down.**

I am brave and courageous, and I can do anything I put my mind to. No matter what comes against me, it does not defeat me. If there are limitations on my life, I accept them and rise above them to be successful.

Everyone has limitations. It could be money, time, a physical constraint, or something else. It's perfectly normal to have limitations, and I accept mine. I am stronger than I think, and I can do more than I realize. *I am worthy and valuable.*

Limitations are not about the value of the person. I am very valuable just the way I am. I was made with these limitations for a reason, and I use the gifts I was given. I focus on the good in my life, and the bad is something that just melts away.

I am as capable as I choose to be.

My strength lies in my willingness and ability to grow. I am committed to developing the person who I am on an ongoing basis. Knowledge is strength and opens me up to wonderful possibilities.

There are so many good things I can do. Limitations aren't important. I find joy, peace, and love in my life, and I know I am valuable just the way I am.

Today, I intend to accept who I am and focus on the things I can do.



I. HOW	can I look past the limitations in my life to find peace and joy?
1	
2 Wha	at is the best way for me to stay focused on what I can do?
Z. VVIIC	to the best way for the to stay rocused on what roan do.
3. How	can I learn to do more, despite my limitations?

I Have The Power To Make Changes

I have the power to make changes.

To create lasting change in my life, I begin with a single step. No matter where I want to go or how far I want to travel, it is all accomplished by one small step followed by another.

I embrace my humble beginning as the starting point of something great. *I am* encouraged by the positive change I can make in my life, regardless of how small or insignificant it may seem now.

Consistency is what takes me from one small step to another and keeps me moving forward. As I continue to move ahead, I see that my dreams are within reach and press on until I reach my goals.

When I want to eliminate a behavior, I start by cutting back on it. I may not yet be able to stop completely, but I can reduce how often I engage in that action. Little by little, I reduce the behavior until I am no longer interested in it.

I welcome new opportunities purposefully engage in them. *Change opens doors for me.* If I am willing to do the work, I can rebuild and start over. Passion leads to dedication, dedication leads to consistency, and consistency leads to achievement.

Taking things slowly assures me that I am retraining myself from the inside out. Passion leads to dedication, dedication leads to consistency, and consistency leads to achievement.

Lasting transformation only comes when I transform my mind over a period of time.

Fast change may seem effective at first, but solid habits are formed over time. Permanent change - the kind that makes life better - comes from within.

Today, I choose to take single step, regardless of how small it may seem. I know that every great accomplishment begins with a tiny movement, so I act instead of sitting still.



**	hat small step can I take today?
-	
2. H	ow does passion lead to achievement?
3. W	Thy should I allow myself to be transformed slowly rather than quickly?



I create wonderful new beliefs for myself

I recognize the difference between facts and beliefs. I transform my life by adjusting my thinking.

I examine my assumptions.

I accept my emotions without giving up rational thinking. I probe the limitations that have held me back, and decide to move forward. I celebrate myself and my abilities.

I live in the present moment. I focus on how I am performing now instead of regretting the past or creating expectations about the future.

I embrace change. I know that I can handle uncertainty. I learn and grow by adapting to challenges. *I experiment with new approaches.* If I have become used to thinking I am slow with numbers, I sign up for a business math course and play games that sharpen my skills.

I give myself a pep talk. *I choose words that inspire and motivate me.* I look on the bright side. I see the upside of each situation. I reframe obstacles so that I can take charge of my destiny.

I ask my loved ones for support. I welcome feedback as I break free from patterns that I have outgrown.

I rely on repetition. *My new beliefs become stronger the more I put them to the test.* I look for opportunities in my daily life to practice changing my habits.

Today, I turn my thinking around. I shift my point of view and adopt beliefs that bring me health, happiness, and peace.



A. S.	
2. How	does changing my beliefs help me to change my actions?
3. What	is one limiting belief that I would like to let go?

I Love And Accept Myself

I love and accept myself.

Whenever I have a free minute, I like to mentally list all the things I like about myself. I am able to quickly and easily make a long list of my positive qualities. Sometimes I surprise myself at how talented and gifted I am. *I am truly blessed*.

I have a few characteristics I want to change about myself but I am still very content with who I am. I accept myself completely. I choose to focus on my positive features.

Loving myself can be challenging. I may even have doubts on occasion. But those doubts vanish as quickly as they arise. I am free from nagging doubt and concern. I love and accept myself the way I am.

I realize that flawlessness is impossible. After all, how boring would it be if everyone were perfect?

It is really my imperfections that make me perfect just the way I am! I love my unique qualities that make me special. I can do things others only dream about doing.

I find it easy to be accepting of myself because *I am so accepting of others.* I believe in the right of everyone to be unique and special, just like my individuality makes me special in this world.

Today, I choose to love myself and others in my life just the way we are. Love and acceptance are gifts that I give and receive each day.



	ualities do I lov				
7					
2. In wha	it ways do I nee	d to be more	accepting c	f myself?	
3. How c	an I increase m	y acceptanc	e of others?		



I treat myself with unconditional love

Even though I sometimes make mistakes, I am a great person. I love myself unconditionally and accept myself as I am. I make an effort to treat myself with kindness and respect. I deserve it.

I have qualities and talents that make me unique and special – unlike anyone else in the world. I have value.

I deserve to be loved. I love myself and am loved by others. I realize that being perfect is a fantasy. I am good enough as I am to be loved and accepted.

I recognize my strengths and talents and forgive myself for my past mistakes. I acknowledge that I am worthy and deserve all the good things in life. I am wonderful. I honor my best parts and freely share them with the world.

I allow myself to shine.

I am accepting of others as well as myself. It is only through acceptance that my potential can be fully realized.

I am my own best cheerleader. *I welcome the support of others, but I have enough support even when standing alone.* I am an awesome person and worthy of great things.

I accept all my faults and shortcomings. I am worthwhile.

Today, I give myself permission to be greater than my insecurities. I love myself totally and completely. I accept myself just the way I am. I am a fine person and deserve a good life.



,,,,,	at are some things I love about myself?	
		k
1		
0. D	7.6.11	
2. Do	I fully accept myself?	
3. Ho	w can I better love and accept myself?	

I Am Perfect Exactly As I Am

I am perfect exactly as I am.

Life is good. I engage in the kind of work I choose. I relish in opportunities to spend time with the people I love. Each day seems like a new beginning for me. Of course, I realize that my life is less than perfect at times. Yet, even when situations occur that are out of my control, I am truly pleased to be me.

I actively work to accept my strengths and idiosyncrasies. *I realize I am much more than my level of achievement at work or the number of personal relationships I have.*

I am unique and worthy. I am loved by my friends and family members. It is a comforting feeling to know that I am pleased with everything about myself.

Even though I experience situations when I stumble, ultimately, I recover from every taxing situation that comes along.

Being happy with who I am means I am consistently flexible in life.

Regardless of what happens to me, I successfully deal with it – I make it through. My self-confidence shines.

When people ask me about my secret to life, I tell them there is no secret. I share that I simply pursue whatever it is that is important to me. And that I take personal responsibility to live in ways that are productive, calm, and pleasing.

Today, I intend to write down all of the reasons I am happy with being me. I can rejoice in the knowledge of all the characteristics I love about myself. *I feel blessed* to be me.



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- Bear					
2. What	are the character	ristics I love a	bout myself?)	
Z. Wildt	are the engrape.				
3. What	can I do to strenç	jthen my self	-confidence?		



I am willing to see my own magnificence.

I pursue my dreams. When I follow my passions, I feel like an eagle soaring high in the sky. I set challenging goals. I am excited about testing my abilities and positioning myself for success. *I enjoy the journey and the destination*.

I believe in myself. I listen to my intuition and cheer myself on. I know I can do anything I set my mind to if I listen to my inner wisdom and put forth enough effort.

I acknowledge my fears and take action anyway. I am willing to look foolish or experience temporary setbacks in order to seize promising opportunities. I may be rewarded immediately or I may learn a valuable lesson that comes in handy down the road.

I remain flexible. Being resilient allows me to bounce back when I run into delays or complications. *I adapt to changes and thrive under pressure.*

I strive to excel. I build a reputation for exceeding expectations. When it comes to my top priorities, I am willing to devote extra time and effort. Each victory builds my confidence and prepares me for the next adventure.

I provide value to others. I am grateful for the many blessings that I have received. I want to pay the world back by putting my skills and talents to good use.

I keep advancing. I welcome feedback about how I am doing. I look for opportunities to continue learning and growing.

Today, I decide to be gutsy. I dream big and know that I am capable of great things.



	eeps me motivated?
2. Why do	pes success require persistence?
3. What w	vould I need to do to make my fondest dream come true?

I Think And Speak Positively

I think and speak positively

I am an agent of optimism. My mind is saturated with positivity. Whatever I do, like a scavenger hunter looking for treasure, I find something to praise.

My most innermost thoughts revolve around the good I encounter. *Criticism, even in the form of seemingly harmless humor, is unable to penetrate the walls of my mind.* I refuse to allow any thought to take form in my brain except those filled with hope and encouragement.

I place myself in situations and around people who promote positive thoughts. I stay away from people who entertain negative thoughts. Seeing the world through positive eyes keeps my dreams alive.

By filling with positivity and rejecting negativity, my brain is trained to spread hope to others. *Whenever I respond in a situation, my spontaneous reaction is positive.*

I am a solution-finder, peacemaker, dreamer, and go getter because of the way I think. When I face a constraint, I keep my cool because I am certain that things always work as they should. *Resisting the urge to give in to negative feelings sets me apart from the rest.*

Positivity rules the way I see others, solve problems, and think about my future. My attitude is consistent because I am free from fear.

Today, I choose to block out any negative thought that tries to creep into my brain. I choose courage over fear and cheer over despair.



	it would I attempt to do if I believe I couldn't fail?
7	
2. How others	v do my relationships benefit when I choose to only think positively abous?
3. How	acan I refocus my mind on the positive if a negative thought tries to surg
-	

I Accept All Parts Of Myself

I accept all parts of myself.

I have many positive qualities and traits. I also have a few negative characteristics, but I accept myself as I am. Everyone has positive and negative characteristics. I am comfortable with who I am.

I am becoming more accepting of myself as I age and mature. I have learned a lot about myself over the years. I accept the good and the not-so-good easily and comfortably. I know that perfection is unattainable, **and I am okay with being imperfect.**

Life is challenging and dynamic. As I strive to strengthen my skills and abilities, I do the best I can with what I have.

My imperfections make me unique and interesting. I embrace my imperfections and invite the world to experience them.

I avoid trying to live up to society's image of the ideal person. I can be a perfect me, and that is enough. To try to do anything else is an exercise in futility.

I am honest with myself regarding my personality, physical characteristics, and view of the world. *A high level of self-acceptance allows me to experience the joy of life.* Life can only be fully experienced from a perspective of self-acceptance.

Today, I accept myself, just as I am. I am also willing to accept others as they are. I am practicing acceptance on every level. Self-acceptance is a key part of enjoying life.



	rt of myself do I have a hard time accepting? Why?	
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2. How wo	uld my life change if I were able to accept this part of me?	
2. 110 W WO	and my me offange if I were able to about timo part of me.	
100		
3. How car	I be more accepting of others?	
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		_



This year I do the mental work for positive change.

I control my feelings, thoughts, and actions. I train my mind to stay strong and healthy.

I focus on the positive. I count my blessings and express my gratitude. When faced with challenges and changes, I remind myself of what I have to gain. When I run into setbacks and delays, I find something to laugh about in the situation.

I monitor my self talk. *I reframe my doubts and fears.* I give myself credit for making an effort. I accept myself for who I am now.

It feels like the universe is providing exactly the experiences I need to develop into the greatest possible version of myself. I am grateful for this.

I adopt healthy habits. I work at making constructive choices automatic.

I take care of my body. *My physical wellbeing affects my mental strength.* I eat nourishing whole foods, exercise regularly, and go to bed early.

I stay connected. Spending time with family and friends reduces my stress. I learn by listening to others and sharing my opinions and experiences.

I live mindfully. *I help my brain to function effectively by organizing my schedule and minimizing distractions.* I use meditation and prayer to help me concentrate on the present moment.

Today, I give my mind a workout. I maintain a positive outlook and cultivate the kinds of thoughts and behaviors that help me to succeed.



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I	A
2. Whe	ere can I learn more about exercises that can help my brain?
3. How	is mental work like training my body?

I Am My Own Unique Self

I am my own unique self

I am unique in the universe. My Creator made me with a special intention in mind. I am special, creative, and wonderful. Remembering these ideas helps me strive to reach my full potential.

Of all the people in the world, I am the only one that is exactly like me.

My unique qualities and talents are gifts, and it is up to me to develop them to share with others and better the world around me.

I find my creative abilities increasing each day. I am able to find out-of-the-box solutions to any challenge. Being creative fills me with a sense of pride and wonder.

It can be challenging to be different from others. But I appreciate and embrace my uniqueness. *My value to the world is directly related to my ability to demonstrate that I am one of a kind.*

It seems to me that fitting-in makes me average and average people rarely do extraordinary things. This is one more reason I am happy that I am different.

Each day, I become more confident that I am special. *I have the strength to let the world see my true self.* I am proud of who I am.

Today, I am willing to embrace my uniqueness and that of others as well. Each one of us, including me, is special, creative, and wonderful. It is up to me to show everyone how special I am.



i. vviiat ait	e some of my unique qualities that the average person doesn't have
T	
2. How car	I use my special talents to increase my confidence?
3. How an	I capitalize on those qualities that make me unique?

I Am A Natural Winner

I am a natural winner.

I have the mindset of a winner. Life is something to celebrate. I know that regardless of the outcome of a situation, victory is based on an optimistic outlook.

When I am faced with challenges, I approach them with unwavering confidence. I confront situations knowing that I am a strong, capable person. This attitude allows me to do my best every time.

My victory is about more than crossing the finish line first. It comes from making the most of the entire experience.

Challenges are an opportunity for learning.

I assess my weaknesses and work on turning them around. I consider my missteps and develop a strategy to avoid them in the future.

I continually strive to sharpen my skills and cultivate a positive attitude.

Second chances are opportunities for self-improvement. I perform better each time I try again. I know I am a winner, even if I have to make multiple attempts.

My place in the world is best served through ongoing self-development.

Today, I believe in myself and approach each race with confidence.

I smile at the beginning because I am excited about the chance to learn something new. I smile at the end because I have embraced the experience.



Lli		
2. What	t tehcniques can I use to embrace a winning mindset?	
3. How	can I turn a loss into a win?	

I Trust The Intelligence Within Me

I trust the intelligence within me.

I have the ultimate source of guidance and inspiration available to me always: my intuition.

My intuition is my subconscious mind trying to communicate with me. *I may experience this as a "little voice," emotions, or feelings in my body.* It is my job to listen carefully, so I can make smart choices.

My intuition is very wise. It has the same experiences that I do. It knows me completely. *It is always trying to help and protect me*. I am fortunate to have such a knowledgeable and loving advisor.

When I fail to listen to my intuition, I am likely to face bigger challenges than the ones that first appear.

However, I avoid following my intuition blindly. Sometimes it can be overprotective and limit me.

The voice of my intuition is easily muffled by anything that distracts my attention, so *I spend a few quiet moments alone each day to foster better communication*. My connection with my intuition is improving each day.

Today, I am open to receiving all messages from my inner intelligence. My intuition provides great advice most of the time, so I trust it to guide me.



	en should I have listened to my intuition but did not?	
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O 147]-	-+	
2. Wh	at would happen if I let my intuition make all my decisions?	
3 Mh	y do I resist my inner intelligence?	
J. VVII	y do i resist my miler intempende:	



I allow myself to be guided by intuition.

My intuition has always led me in the right direction. I believe whole heartedly in my gut instinct. I use it to help me make wise decisions.

I always follow my sixth sense, even when I may be short on all of the facts. My sense of judgment is very alive. I avoid making decisions based on what someone else wants me to do.

When I am trying to choose between two available options, I weigh specific things. I know that not all that glitters is gold. Even though something seems appealing upfront, it has to first satisfy my basic expectations.

My intuition helps me determine when best to offer my help to others. *It helps me identify when someone is playing the role of opportunist.* I can differentiate between sincerity and disingenuous expressions. When I identify that someone is being untrue, I subtly remove myself from their company.

I know that it is best if I surround myself with trustworthy, honest people. My true comfort and happiness can only come when I am in an honest space.

Today, I continue to sharpen my intuition. I know that it is sometimes necessary to exercise trust in others. But where I am unsure, I commit to going with my instincts.



	vays have enough information to make a gut-driven decision?
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2. Are the	ere cases when my intuition pushes me to make the wrong decision?
2.7110 (11)	sie odded wifeli fily intartion padried file to make the wrong dediction.
3. Do I we	eigh advice from loved ones with what I think on my own?

I Freely Express Who I Am

I freely express who I am.

I feel powerful, capable, and energetic. I listen to my heart. *I make choices that are in tune with my true values and beliefs.*

I start the day with a smile and feel the energy swelling within my body. *From morning until night, I feel full of energy.*

I am a capable person. I prove to myself each day that I can handle any challenge that is in my path. I feel more able to handle the obstacles of life with each success I enjoy. Each challenge increases my abilities and my confidence.

I am getting better at living life.

I feel powerful and comfortable in my own skin. My ability to manage my life and influence others makes me feel powerful. Knowing that I can mold my life to be whatever I want is the ultimate source of confidence.

I spend my time and energy on the things and people that are the most important to me. My energy levels are infinite when I am doing something that is worthwhile to me. I avoid activities that drain my reserves.

I live my life in a way that allows me to be at my best.

I feel more powerful and capable than ever. My energy levels are high, and I feel very motivated.

Today, I am determined to live up to my potential. I believe in myself. I love who I am and what I can become.



	can I fill my mind with powerful thoughts today?
L	
2. What	can I do to have more energy each day?
3. How	does listening to my heart make my activities more meaningful?

I Love Myself Totally In The Now

I love myself totally in the now.

I know that I am worthy of happiness and love. I appreciate myself and protect my wellbeing. I love myself for who I am right now. I celebrate my authenticity. I embrace my thoughts and feelings. I listen to what is going on in my heart and mind. I remember that my emotions are real, but I can decide how to manage them.

I understand my strengths and weaknesses. I use my gifts to contribute to society. I give myself credit for making an effort.

I treat myself with compassion and respect.

I forgive myself when I make a mistake, and encourage myself when I am struggling. I make choices that align with my values and beliefs.

I take care of myself physically and emotionally. I give my body nutritious food, regular exercise, and adequate rest. I take pleasure in being strong and fit. I sharpen my mind by taking on ambitious projects at home and work that help me to learn and grow.

I clarify my purpose. I focus on what matters to me rather than comparing myself to others.

Loving myself prepares me to love those around me. My heart is full of joy and affection that I can share with my family and friends. *I surround myself with support.* My positive attitude attracts others and helps me to build strong relationships.

Today, I practice self-acceptance. Loving myself gives me the strength and confidence I need to feel content and reach my goals.



	ny actions express my self-love?
LLA	
2. How do I	define being good to myself?
O Milestie	le a valation als in le atura an a constitue marcalf and als all an aire a marcalf
grow?	he relationship between accepting myself and challenging myself
-	

I Have Unlimited Potential

I have unlimited potential.

My only true limitation is my own mind. The only thing that can limit me is myself. *I have all the potential in the world necessary to accomplish anything.* Everything I require is within me. I only need to get out of my own way.

Life is short, so I am motivated to make the most of my potential each day. We are all born with potential, but I am one of the few committed to make the most of mine.

When I see the scope of my potential, my passion for living goes through the roof. I am here for a purpose, and that purpose entails that I grow into the person I am capable of becoming.

I am willing to leave my comfort zone to realize my potential. Discomfort is a small price to pay to maximize my results and reach my potential.

The world needs me to make the most of my potential. *I can change the world if I develop myself fully.*

I seize each day and get as much as I can from it. I aggressively develop my skills and knowledge.

Today, I am determined to make the most of my potential. I hold myself responsible for being the best that I can be. I am optimistic about my future because my potential is unlimited.



1. What v	would I do if I believed I had the potential to accomplish it?
- Benn	
2. How h	as my limited belief in myself hurt me in the past?
3. What	could I accomplish if I totally believed in myself?

I Am A YES! Person

I am a YES! person.

I put my ideas into action. I trust my heart and move forward.

I hold myself accountable. I live up to the commitments I make to myself whether it is cutting back on calories or completing my college degree. I tell others about my plans so I am more likely to stick to them.

I simplify my life. I avoid commitments that interfere with my priorities.

I live in the moment. I focus on what I can do today instead of rehashing the past or trying to predict the future.

I build my confidence. I review my accomplishments and skills. I remind myself that I can handle hardships and deal with challenges. *I think positive and focus on solutions*. I give myself a pep talk when I need to raise my spirits.

I make plans without letting my preparations hold me back. I would rather bring my dreams to life than keep refining them. I stop procrastinating. *I make a start right now instead of waiting for conditions to change.*

I take things gradually. I break big projects down into smaller steps. Each small victory encourages me to aim higher.

I give myself credit for making an effort and taking risks. Even if I stumble, I can learn from the experience. I am strong enough to survive a little embarrassment and wise enough to learn from each attempt.

Today, I take responsibility for my happiness and success. I swing into action.



1. 110 W U	oes taking action help me to overcome my fears?
- Bearing	
2. How d	o I define being a doer?
3. What i	s one thing that I have learned that I could implement today?

About Ann Rusnak



Ann Rusnak totally enjoys life, her success and feels great about herself. Ann is passionate about helping determined women entrepreneurs in a supportive, practical way so they can make positive changes about their limiting money.

But there was time when it wasn't so. Ann's parents raised her with the false message there was something wrong with her. She often shares this statement with audiences at her workshops, "My dreams were wrong, and, pursuing a better life was wrong." As a result, she often sabotaged her goals, especially financial ones.

Ann's journey of self-discovery resulted in breaking the cycle of emotional abuse so she could finally step into her own power. She created a new legacy for future generations., by raising an independent, self-assured, self-confident daughter, now a young woman who believes in herself one hundred percent.

She started her own business and quickly was earning six figures. When she became ill, she wisely developed a system where she could keep her business growing and thriving in tiny 15-minutes increments. Then, she sold her unique time management programs to other time-starved, stressed entrepreneurs.

Ann combined her 25 years of business experience and her personal self-discovery journey to create the powerful 'Unstoppable Success System.' She is excited to share this simple process which empowers women with the clarity and confidence to easily and effortlessly attract more ideal clients.

What Some Unstoppable Women Are Saying

"I didn't feel confident enough to talk to potential clients. Within two weeks of working with Ann, I shifted my thoughts to be more open especially around money. This resulted in unexpected money showing up and a customer calling me out of the blue to place a big order. I loved how Ann gently guided me to overcome the fear of talking about my business, and to see the worth and value in myself. I'm feeling less stressed and I now attract new clients with confidence. I'm so grateful for all Ann has done."

- Rynette Vall

You're invited to join the **FREE**Unstoppable Success Group where
women business owners come
together to make the Most Exceptional
thing happen.

www.UnstoppableSuccessGroup.com

"I knew I was being way too hard on myself. I needed to get over 'settling' for things that were wrong for me and my business. In the past, I seriously needed validation that I was on the right path. Ann's transformational journey has produced an extensive arsenal of strategies that helped me and can help you overcome the inner issues holding you back from experiencing who you're destined to become. She's caring, thoughtful, insightful and helps you get the job done in empowering, rewarding ways. I intend to place more value on who I am and what I offer others. I'm looking forward to sharing my skills and talents through my book, classes and workshops."

- Debi Goldben

