

Mental Bench Press
1.06.10
New Year Affirmation



I enter the new year with the understanding that I am making a fresh start. I begin by discarding thoughts, attitudes, and habits that are not compatible with an excellent life. I let go of whatever caused past discouragement, disappointment, or disagreement. I know that seemingly negative outcomes are desires or goals that are yet to be fulfilled. I am open and receptive to new ideas, activities and relationships.

Each day, I can follow a fresh plan of fulfillment. I act on divine ideas that I receive in moments of prayer and inspiration. These ideas flow through wholesome, positive thoughts. As I use creative thinking to build upon divine ideas, my activities become more dynamic and my abilities are enhanced. Therefore, I enter this new year with optimism, joy and enthusiasm.



James E. Kent II

Cincinnati Service Center
Accounts Management
Ops1, Dept 3, Tm B302

Strengthen your mind and you'll have a powerfully fulfilling life.