

Personal Effectiveness Subliminal MP3

Your Personal Effectiveness MP3 subliminal download contains the following affirmations:

I am a doer. I am energetic at completing what I start. I get things done. I absolutely accomplish my goals. I do it now. I absolutely am a self starter. I can meet deadlines. Every day I achieve more and more. I love the reward of accomplishment. I am a person of action. I decide. I decide now. I act decisively. I succeed. I calculate carefully. I am motivated. I forgive others. I forgive all. I forgive myself. I am forgiven. I am forgiving. I am naturally efficient. I am automatically organised. I work quickly and efficiently. Others see me as highly efficient. I set priorities. I work smart. I appreciate my ability to organise. My life flows with harmony. I am organised. I am efficient. I am thoughtful. I am deliberate. My mind is alert. I accept responsibility for my work. I create a harmonious work environment. I am honest and dedicated. I am always organised and on time. I make effective use of my time. I contribute helpful ideas at work. I plan my day. I use my time wisely. I am powerful. I am a capable person. I respect myself. I achieve what I want to achieve. I set goals. I write my goals down. I take daily action to achieve my goals. I achieve my goals. I accept responsibility. I am optimistic. I am calm. I believe in my ideas. I enjoy people. I am relaxed. I am in control. I do the most important tasks first. I am punctual. I am thorough. I am alert. I am attentive. I feel good about myself. My personal power makes me feel confident. I project power. I am self reliant. I am determined. I quickly eliminate time wasters. I get more done in less time. I have the power to succeed. I am effective. I trust myself and my decisions. I am an enthusiastic, motivated person. I have a passion for life. I am absolutely in charge of my life. Today is a good day. I am positive about the future. I use time wisely. All things work out for my ultimate good. Thinking positively brings me pleasure. Life is full of wonderful opportunities. I focus on the positive side of life. I am a deserving, worthy person. I am positive. I am good. I am strong. I am confident. I believe in myself. I feel great. I feel happy. I am wonderful. I trust myself. Life is good to me.

The messages in both male and female voices on this recording have been processed to deliver up to 2000 clear affirmations per hour. These strong, clear messages were recorded just slightly below the level of the sound format, using a computer processor, to ensure the strongest saturation of subliminal messages. Each message is embedded in the music so precisely that you don't consciously hear it, yet they are well within the range of hearing to strongly register on the brain. Because of our high saturation of subliminal messages you may occasionally hear some of the affirmations slightly bleeding through the music or nature sounds. This is your assurance that you are getting strong subliminal messages in this recording. This subliminal program also takes advantage of the brain's receptivity to both emotional and logical messages to activate both brain hemispheres – this assures complete absorption of the messages for the changes and improvement that you want. Play this program softly in the background any time day or night, while you are working, driving, reading, learning, eating or even sleeping. Listen to the entire recording at least once a day or more if possible. The more you listen, the greater the effect.