

A F F I R M A T I O N S

**”I AM IN
THE
BOOK OF
MILLIONAIRES”**



Affirmations and Daily Routines for Members of The Book of Millionaires

Affirmations

The Affirmations page is where you get, and learn, the most powerful and specific daily affirmations and routines.

There are specific affirmations for each day.

And when you start your daily routine, there are even more specific ones for making money, for health and for love and relationships.

The affirmations are simply designed to help you transform.
That's it, it's not really to help you manifest, although that can help.

The true way you manifest things and situations is by being on the same frequency as the life you want.

Being in vibrational harmony with the Life, not the item.

So if you want to be rich and you visualize yourself owning and driving a Ferrari, then you simply need to figure out how to be the version of you that owns the Ferrari. That's it.

What does that version of you, the you, you want to be, how does he or she act, how do they think, what things do they say, etc.

Once you figure out the (you) that you want to be, and you understand how they are, the affirmations are to help you get on that frequency so that you can have it.

So understand, you attract the life, not the car or house, you become the new person, not attract love,

You become the new person, not attract a new body. Understand?

That is what these affirmations are designed to do.

Now select today's current day and start with that affirmation.

These affirmations are 3 times per day.



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**AFFIRMATIONS
AND ROUTINES**

"I am in the Book of Millionaires"

from the Council of The Book of Millionaires

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Monday

AFFIRMATIONS

Monday Morning Affirmations

Monday morning affirmations.

Your Monday morning affirmations are probably the most important because they set the tone for the entire week.

Do this every Monday morning before you get out of bed

Give thanks. We always want to get thanks every morning before we get out of bed (if possible).

Affirmation

I am taking this time to create my week.

This week will bring things I've created in the past, and will surprise me in ways I did not, and could not have thought of.

The things I have been able to let go, the universe has been creating for me behind the scenes and with the energy of the other Book of Millionaires family members, it continues coming to me with great ease, under grace, in a perfect way.

(image you are already the person you want to be, in the place you want to be 3 years from now- say this as your future self, not as the person you are today)

Now your week has started correctly. There will of course be blue pills. But you already know how to handle them.

Enjoy your week.

Do this every Monday morning before you get out of bed.

Monday Midday Affirmation.

The Book of Millionaires Affirmation

Say this as your future self 3 years from now in your new home or car

Affirmation - "I am in the Book of Millionaires"

7 times (from the couch of your new home, or your new office - as your future self)

Slowly

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Monday Evening Affirmation.

Giving thanks.

While in bed and right before you drift off to sleep. You want to meditate and give thanks for 5 minutes.

There's a chance you may drift off to sleep during your gratitude exercise, and that is fine too.

But if you do manage to get through 5 minutes and you are still awake, here is your affirmation.

Affirmation -"Dear Universe, thank you for all of the wonderful things and happiness you continue to bring me, under grace, in a perfect way."

Say this about 5 times and then mentally script your perfect life. Keep doing this until you drift off to sleep.

Goodnight.



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Tuesday AFFIRMATIONS

Tuesday Morning Affirmation.

(Tuesdays affirmations are for body health.)

Tuesday Before you get out of Bed

Give Thanks.

Before you get out of bed.

(as your future self in you perfect body) [before you get out of bed or before you start your day]

Affirmation - I am in the Book of Millionaires, I am creating all of this

(5x slowly as you 'meditation breathe')

Now, for this you want to imagine your perfect body and always in first person.

If you want a flat 6 pack stomach, then you want to see your muscles and flat tummy as you look down in your mind's eye.

You want to give thanks for your flat stomach, or your perfect health, or your healed legs that allow you to walk, or your huge biceps.

Whatever it is that you want your body to look like, you imagine already having that.

But more important than already having it, you want to imagine that you ARE, the person who has that perfect body.

Tuesday Midday Affirmation.

Say this as your future self 3 years from now in your new home or car.

Affirmation - "Everyone in the Book of Millionaires is successful, healthy, happy and loved deeply."

5x

(visualize your future self 3 years from now in perfect health, just finishing a terrific workout with 5 of your closest Book of Millionaire brothers or sisters)

Tuesday Evenings

Routine Every Night

Giving thanks,

Right before you go to bed, you want to meditate and give thanks for 5 things that you are grateful for

Before bed -

Affirmation - Dear Universe, thank you for all of the wonderful things and happiness you continue to bring me under grace in a perfect way. (fall asleep, thinking about your future self working out with your favorite partner and you 2 are more happy than you've ever been).

A romantic scene on a yacht at night. A man in a tuxedo and a woman in a black dress with a white shawl are looking at each other. The yacht is dark with warm interior lights. A red wax seal with a white 'M' is in the bottom right. The background shows a rocky cliff.

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Wednesday Morning Affirmation

Wednesday morning, before you get out of Bed

Give Thanks,

Before you get out of bed.

(as your future self 5 years from now, waking up with your soulmate on a wonderful vacation),

Scene- You are accompanied by 3 other Book of Millionaire couples that love you dearly

Affirmation- “I am in the Book of Millionaires and I am so grateful for this abundant life” (7x
feel the energy of it)

Wednesday Midday Affirmation

Wednesday midday

Wednesday midday affirmation is very simple.

Every wednesday afternoon. You Affirm for everyone else in the book, besides you.

Let me explain.

As part of being in the Book of Millionaires, you receive energy, strong energy from all the members in the book.

On Wednesdays, in the middle of the week we send energy to everyone in the book.

We DO NOT affirm anything for ourselves at this time.

The reason why is because you won't have any resistance if you are not connected.

You genuinely affirm for your brothers and sisters in the Book, and that affirmation alone will affect you indirectly, as millions of people are also affirming for all the members, and you are one of them.

So, imagine millions of people, visualizing and affirming wealth, success, and happiness for you. And all with no resistance. PURE energy.

That is the power of being, in the Book of Millionaires.

Affirmation. - Everyone in the Book of Millionaires, experiences permanent Love, healing, abundance, wealth, success, and happiness. I am thankful to see all of them succeed.

Wednesday Evening Affirmation

Wednesday evening

Wednesday Routine

Giving thanks, Right before you go to bed, you want to meditate and give thanks for 5 things that you are grateful for.

(Before bed - as your future self)

Scene- You are in your cozy home, your soulmate is looking at you and is so much in love with you they begin to form a tear. You are experiencing true love and emotional connection.



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Thursday AFFIRMATIONS

Thursday Morning Affirmation

Thursday morning,

Before you get out of bed on thursday mornings
Give thanks,

Dr. Joe Dispenza talks about how only 10 minutes of gratitude per day can help your health increase by 50%.

So as a member of the book of millionaires, gratitude is a huge part of what we do and who we are.

As a member of our society. We practice gratitude daily. And on every thursday morning, before we get out of bed

We visualize being our future self. The version of ourselves that has everything that we want, and has already accomplished the things we want to be, do and have.

It's always from this perspective, and we always visualize in first person.

So now, before we get out of bed or before you start your day, affirm.

I am so happy and so grateful for the continued success and happiness that I continue to achieve, and receive.

Thank you universe for continuing to look out for me and keep me safe, under grace, in a perfect way.

Now you want to say this about 10 times.

Take your time and say it slowly and mean it.

Thursday Midday Affirmation

Thursday midday,

So now it's midday Thursday and here is your quick affirmation that you should say every Thursday.

First, sit in a chair or lie down on a bed.

Close your eyes and get comfortable.

While alone in a quiet place, you count backwards, slowly from 3. Number 3, then 2, then 1.

With each number, you exhale breaths.

It should take you about 5 seconds for each number as you exhale.

3, 2, and 1. Now you are ready to do your affirmations.

This affirmation you select something you want to change. A health condition, a relationship, etc.

Now you simply state, "I am now healthy, I am now Loved, I am now successful, I am in the Book of Millionaires."

You can, of course, add any affirmation that you want to this. You can focus on specific affirmations for specific areas.

But you want to do about 3 mins of affirmations.

That's it, you're done.

Thursday Evening Affirmation

Thursday midday,

So now it's midday

Thursday Evenings before bed

This is to be done before you fall asleep. So as you are in bed and know you will be drifting off to sleep soon, this is what you do Thursday night.

As you fall asleep, You are going to imagine yourself 3 years older (3 years in the future). You are sitting at your home office desk. As your future self, 3 years from now, count \$1,000,000 in cash.

Count stacks of \$10,000 in cash. If you lose count, start over. It's meant for you to fall asleep counting, not to actually finish the count. If you don't finish the count, count 2 million dollars (or whatever currency you use in your country) This is similar to the famous ladder exercise from Neville Goddard.

It is very important to count the money in the first person. This is always how you visualize. If you have trouble going into first person, then imagine tying your shoes. Go through the entire motion in your head, both shoes, then sit up and start counting 1 million dollars.

That is the technique for tonight.

Good night.

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Friday

AFFIRMATIONS

Friday Morning Affirmation

Friday morning

Friday morning before you get out of bed,

Give thanks.

Gratitude.

Feel genuinely thankful for things you have. Now and in the future.

The Scene - 4 years from now, as your future self - You are in a circle of friends and associates that think like you, are loyal to you, and love you as a family member should.

They call you on the phone and set up an activity for this morning in your honor.

(you pick the activity, Golf, tennis, basketball, wine tasting, movies, fishing, chess game, poker game, shopping, breakfast at a restaurant, etc.,)

They call you to tell you that you are awesome and that the 5 of you are going to have a great time today.

Now that the scene is set, here is the affirmation.

“I am so happy and grateful now that my Book of Millionaire friends and my close circle, is here to constantly support me,

give me the energy I need,

the love I deserve,

and the family the universe wants for me.

I am grateful for these great people everyday.

Friday Midday Affirmation

Friday midday

Say this as your future self 3 years from now in your new home or car

Scene- Sitting in the passenger side of your book of millionaire friend (**you select the car and the music**) listening to music with your eyes closed as you say

Affirmation - Dear Universe, thank you for the Great Friends I have and the great support from my Book of Millionaires family I continue to receive everyday.

Friday Evening Affirmation

routine

Friday Evenings (Before Bed)

Friday Night

Before bed, your future self 2 years from now is having dinner with your closest friends at your home. You are all at the dining room table having dinner served by a private chef -

(**you select the attire you all have on, the type of food**).

At this point you just just mentally script the dinner, from beginning to end.

This is pure creation. Create what feels good.

Next week, continue with after dinner, and so on.



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Saturday AFFIRMATIONS

Saturday Morning Affirmation

Saturday Morning

You want to start your day as if your prayers have already been answered and you want to think of "memories" you gave yourself about your new life.

We hit on creating new memories in "[the E-book of Millionaires](#)"

please refer to this book for more details, if you don't have it yet, you can grab it [HERE](#).

If possible, you want to just imagine you are in the bed you want to be in, in the house you want to be in, or the reality you want to be in, you want to fully enjoy this before getting out of bed (narrate to yourself what you see and feel if need be).

Saturday Midday Affirmation

Midday Saturday

Here, during the day, you want to say the Book of Millionaires Members affirmation.

You want to affirm for every Book of Millionaires member other than yourself (again, this is important for letting go).

You visualize the success and happiness of every Book of Millionaire Member. You see them happy and living the life of celebrities, business owners, etc. Be genuine in this visualization. You get back what you give. If you can see them truly having everything they want, you will also have the power of millions of people visualizing for you.

Saturday Evening Affirmation

Saturday before bed. "Isn't it great"

Saturday night, when you are in the bed, in your relaxed state, you want to use the 'isn't it great', 'isn't it wonderful' affirmations.

This is where you visualize what you want from the viewpoint of already having it and you say "isn't it great that... (insert whatever you want)"

Think of as many things as you want to be great, but you have to have feelings as if it's real.

example: Isn't it great that I am now inside the home i've always wanted",

"isn't it wonderful that I am now in the romantic relationship I've longed for, it feels great that it in now a reality"

These are just examples, but make your list of things you have in your inside world already that may have not yet manifested, but speak of them as if they already have.



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Sunday SCRIPTING

Sunday Script Affirmation

We Only Script on Sundays

Sundays are where we write a week's worth of postulates, goals and desires in our scripting.

A postulate is just a decision that something will happen. It's basically you making an official visualization, with the intention to spiritually create it.

We script from the reality of already having whatever it is you desire.

And we are incorporating it into our Sunday scripting.

This is always done in '1st person' point of view.

1st Sunday of the Month

First Sunday

First Sunday of the month is when we script about money and wealth, You write out the full week from the viewpoint of the person you want to be (actually, this other you already exists so channel the other you and write out what you will do as if it already happened).

Write out Sunday - Saturday the way you want it in regards to money.

Hit on these topics in the scripting:

Your Job (if you want one), Your business (if you want one), Your money in the bank, Your investments, The things you bought this week, The money you gave away, The projects you got involved in, the restaurants you ate at, the cars you bought or drove, etc.

2nd Sunday of the Month

2nd Sunday

The second Sunday of the month is when we script about Love and or relationships. You write out the full week from the viewpoint of the person you want to be (actually, this other you already exists so channel the other you, and write out what you will do as if it already happened).

Write out Sunday - Saturday the way you want it.

Hit on these topics in the scripting:

Your relationship you want with a spouse, bf or gf, or dating.

Also for relationships with family members, children, parents, friends, business partners, business associates, co-workers, etc.,

3rd Sunday of the Month

3rd Sunday

This third Sunday of the month is when we script about and for Health and Fitness.

You write out the full week from the viewpoint of the person you want to be (actually, this other you already exists so channel the other you and write out what you will do as if it already happened).

Write out Sunday - Saturday the way you want it.

Hit on these topics in the scripting:

The body type you want, The energy you want, The perfect health you want, The health of a friend or loved one you want.

If there is a health issue in your life, you script with it already being healed, If there is a health issue for someone else you are close to, that you would like to heal, script with them already being healed.

Again, you script about only one thing this week, next month on the 3rd Sunday, you can script about a different health issue.

4th and 5th Sunday of the Month

4th and or 5th Sunday

Some months will have 5 up to 5 Sundays, and if that happens, you treat the 5th Sunday, the same way as the 4th.

4th and 5th Sunday you are allowed to script about anything you want. Create a week the way you want it.

You write out the full week from the viewpoint of the person you want to be (actually, this other you already exists so channel the other you and write out what you will do as if it already happened).

Write out Sunday - Saturday the way you want it.

Hit on anything you want. This is free reign.



Members Only Affirmations

From the Council of The Book of Millionaires