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# Foreword

*It's near impossible to have social supremacy without the right type of mindset and tools. It doesn't matter what type of matter you're trying to accomplish. There's a certain way of thinking that you must have, and this type of thinking is what will give you the discipline to take action. Taking action is the most crucial part of being successful, and positive thoughts are called for to take major action.*

*If you're not ready with the right type of mindset then I don't recommend that you begin any new ventures just yet. Without the right type of mindset your first attempt at a new venture will probably fail. If you are looking for ways to ramp up your success... you truly need this mindset and tools. Either way this book will help.*

*Social Supremacy - 21st Century Branding And Relationship  
Building Series Affirmation Expansion*

*How To 'Affirm' Yourself To Social Supremacy*

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# **Chapter 1:**

***Why Affirmations Are Important For Social Supremacy***

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# Synopsis

***Affirmations are self-talk statements & better presented to the subconscious. These fresh images are viewed as "credible" by the subconscious & are placed in the area of subconscious having to do with the power to enhance the ability to pull up particular powerful memories with less work. Through this special imagery a person can develop the inner tools for the correct mindset for gaining social supremacy, letting the memories and images be transported to the here and now where they're used for enhancing mindset which is crucial for social supremacy.***



## **Why Do We Need Affirmations For Social Supremacy?**

Oftentimes individuals believe these good and beneficial self talk memories are a false belief and don't exist, but the subconscious recognizes where they're located and will pull them ahead for social supremacy.

These forms of affirmations make fresh neural tracts in the mind, enhancing the ability to "see" these fresh powerful images. Stale images related to negativity, weaknesses, deficiency of initiative, frail goal images and the ability to develop social supremacy are decreased. When the mind discovers new affirmations the subconscious sees them as "tangible."

You've likely observed a common element in those who are successful in business and in life. These winners and successful individuals tend to be enthusiastic and zealous, in all aspects of their lives. This exuberance can be infectious, and it tends to rub off on all those persons around them. A positive attitude and the might to turn that attitude into results are crucial to social supremacy, both in business and life.

You see, a positive attitude is a valuable asset, no matter what you are trying to do. You really ought to assume the habit of doing regular positive affirmations. Making positive

affirmations a part of your daily function is a great way to alter your thoughts and help yourself be more successful.

It's never too early or too late to begin this cycle of positive affirmations, and even those just beginning down a new road may benefit from a positive attitude. Even if the thing you're trying to accomplish seems insignificant and you are not yet socially adept, it's crucial to display a positive attitude, and not let negativity sneak in to steal your thunder. Remember that some of the most successful people began as not socially adept and worked their way into being an expert. It truly is possible to work your way up from being not socially adept to being a people magnet, but without positive affirmations and a victorious attitude, this move won't be possible.

Steady positive affirmations are extremely crucial for those people who want to develop social supremacy. Building social supremacy is never easy, but it's crucial to remember that those around you, from people you're involved with to clients to competitors, feel your attitude, and utilize it as a cue. If you're constantly complaining about the deficiency in knowing how to interact with people, the people around you will be less than energized. If, on the other hand, you're constantly supplying positive affirmations to yourself and the people around you, even in the hardest of times, they'll see your exuberance, learn from it, and utilize it as a cue to see you as truly likeable. It truly does all come down to attitude;



a positive mental attitude and positive affirmations can help your social supremacy in ways too many to mention here.

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## **Chapter 2:**

*How To Use Affirmations Effectively For Social Supremacy*

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# Synopsis

***Affirmations are simple to create and utilize, but you'll need dedication to make them work. Here are some tips to assist you in getting the most out of these mighty tools to gain social supremacy.***



## **Affirmations Are Great... But They Have To Be Used Correctly**

Self-affirmations are positive statements or self-scripts that might condition the subconscious so that you're able to develop a more positive percept of yourself and create social supremacy. Affirmations might help you to change adverse behaviors or achieve the correct mindset, and they can likewise help undo the harm caused by negative scripts, those things which we repeatedly tell ourselves (or which others repeatedly tell us) that add to a negative self-perception and affect our success.

- ▶ Consider your positive attributes. Take stock of yourself by making a list of your best qualities, abilities, or additional properties. Are you good at talking to people? Write it down. Are you a good friend? Make mention of it. Write each quality down in a brief sentence, starting with "I" and using the present tense: "I'm good at talking to people," for example, or "I'm a good friend ". These statements are affirmations of who you are. We seldom revolve around those things that we sincerely like about ourselves, rather choosing to dwell on things we don't like. A list will help you break up that cycle, and using these affirmations to help you appreciate who you are will give you the strength you need to accept your affirmations.

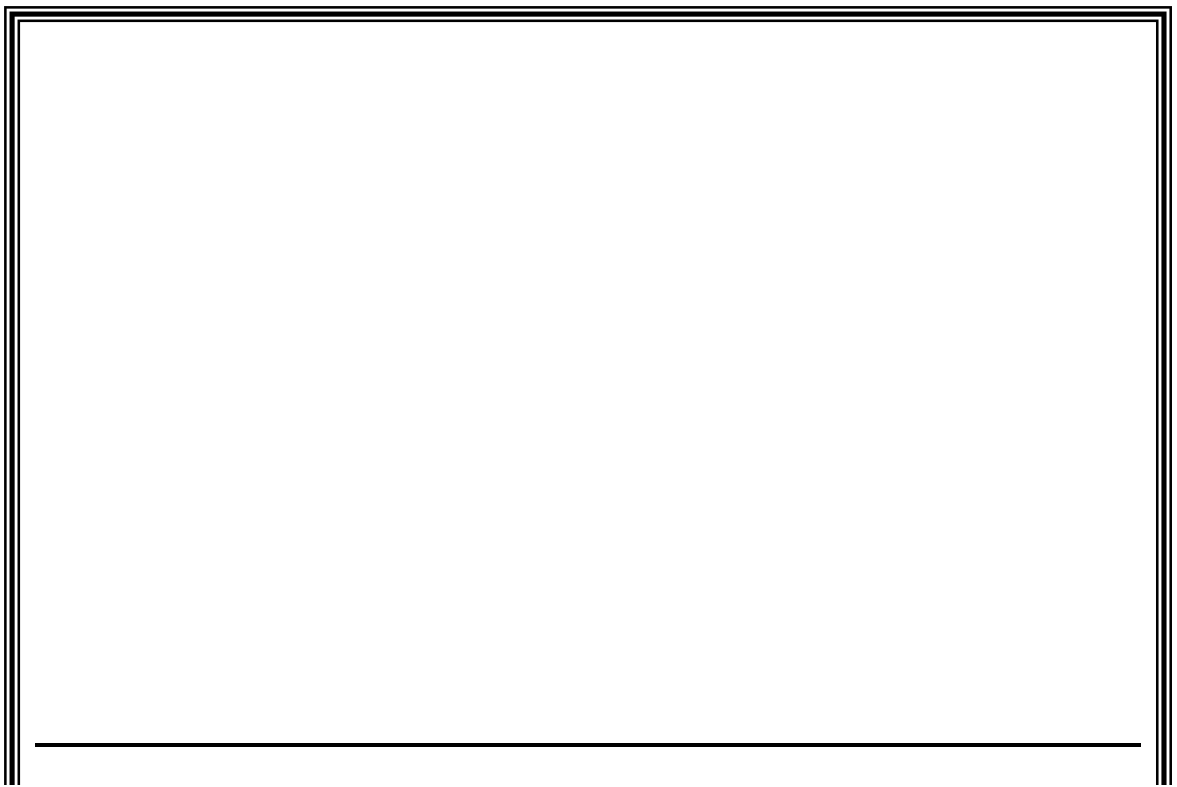
- ▶ Consider what negative scripts you'd like to neutralize or what positive confidence goals you'd like to achieve. Affirmations can be highly useful to counteract negative perceptions you have acquired about your abilities to be confident, or make a success out of a new venture. Affirmations may also help you accomplish specific goals, like talking to new people or expanding your business contacts. Make a list of your goals or the adverse self- percepts you'd like to alter.
- ▶ Prioritize your list of matters to work on. You may find that you've a lot of goals or that you require many different affirmations. It's best, though, to revolve around just a couple of affirmations at once, so pick those that are most crucial or most urgent and work with those first of all. When you see improvement in those areas or achieve those goals you can phrase new affirmations for other points on your list.
- ▶ Author your affirmations. Use positive affirmations alone as counter-scripts, or add other affirmations to mold your behavior with and about your social supremacy in the future. The affirmations you'll use to mold future changes should follow the same form. They should begin with "I," and be curt, clear, and positive. There are 2 forms of future-oriented affirmations you can utilize to work toward goals.

- ▶ "I can" statements: author a statement affirming the fact that you can accomplish your goal(s). For example, if you'd like to meet a new person, a statement like "I can meet a new person," is a good start. Several experts recommend that you avoid any form of negative connotation.
- ▶ "I will" statements: author a statement affirming that today you'll really utilize your ability to accomplish your goal. So, following the above example, you may say, "I will meet a new person. Again, the affirmation should use positive language and should plainly express what you'll do today to accomplish the longer-term goal of being more socially supreme.
- ▶ Match-up a few of your positive attributes with your goals. Which of the positive characters will help you accomplish the goals you've set? If you're addressing ways to meet a lot of people, for instance, you may need bravery or courage. Select affirmations to support what you'll need.
- ▶ Make your repetitions visible so you'll be able to utilize them. Repetition is the key to making affirmations effective. You want to consider your affirmations several times a day, daily.
- ▶ Proceed using your affirmations. The more you affirm something, the more steadfastly your mind will accept

it. If you're trying to accomplish a short-term goal, use your affirmations till you've accomplished it. If you merely want to use affirmations as a counter-script, practice each one as long as you like.

### **Remember**

- ▶ Consider the message you send to the universe.
- ▶ Don't utilize negative words - Instead of I won't or don't want to be a loner, utilize I WANT to have social supremacy. The universe doesn't understand negative thoughts, only 'thoughts' are sent to the universe and send the correct message.
- ▶ Repetition builds habits and your subconscious mind will align.



# Synopsis

***We can positively change ourselves by changing our thoughts and beliefs. Thoughts are like magnets, they have the power to attract according to their vibration. What we affirm to our selves on a daily basis confirms how we feel and how we experience life. One of the most powerful ways to create the life and social supremacy we want is through affirmations.***

***True? Uh-huh!***



## **Easy Ways To Get A Move On**

A powerful way get moving in using affirmations for social supremacy is to write them down on an index card, and read it throughout the day. The more you practice them, the deeper the new beliefs will click. The best times to review your affirmations are first thing in the morning time, during the day, and prior to you retiring for the night.

- ▶ Use affirmations while meditating. After relaxing into a deep, quiet, meditative frame of mind, imagine that you're you have already become socially supreme and know how to manage any situation. Imagine yourself in the physical setting or environment that you would like, the house that you enjoy and find comforting, drawing in loads of people into your life and receiving appreciation and appropriate financial recompense for your efforts. Add any other details that are essential for you, like being the friend you want to be, the people you want to add to your business monthly, and so forth. Try to get a feeling in yourself that this is possible; experience it like it was already happening. In brief, imagine it exactly the way you'd like it to be, as if it were already so!
- ▶ Try standing in front of a mirror and use affirmations while looking into your own eyes. If you can, repeat them out loud with passion. This is a powerful way to change your limiting beliefs very quickly.



- ▶ If you find it hard to believe an affirmation will happen, add "I choose to" to the affirmation. "I choose to be a good friend," for instance, or, "I choose to add people to my business."
- ▶ Make a recording in your own voice and play it as you doze off. Some individuals swear by this technique.
- ▶ Attach positive emotions to your affirmations. Consider how achieving your goal will make you feel, or consider how good it feels to know that you're succeeding at becoming more socially supreme. Emotion is a fuel which makes affirmations more potent.
- ▶ If you don't want people to know about your social supremacy affirmations, simply place your reminders in discreet locations. Remember, however, that it's essential that you see them frequently, or they'll do you no good.
- ▶ If you find yourself merely parroting the words of your affirmations, instead of focusing on their meaning, change affirmations. You're able to still affirm the same goals or characteristics, naturally, but rephrasing your affirmations can regenerate their effectiveness.
- ▶ Ask friends to say a version of your affirmations to you. For example, "Ann, you're really starting to be a social

giant. You must feel great." Self-affirmations are valuable exactly as they free you from a reliance on the approval of others, but affirmations from others can be just as good as negative scripts from others are harmful.

- ▶ Gratitude is a sort of affirmation: One that states the following: "I enjoy the people in my life and business and trust that more will come my way".

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## **Chapter 4:**

### ***Making Friends Affirmation***

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# Synopsis

*I'm meeting <number> new friends today!*



## **Building Your Social Circle**

Making friends isn't always easy. It depends upon how outgoing you are. If you're timid, then you need to develop your confidence to actually be popular. This might help you but what you truly need is socializing skills and naturally a cheerful smile.

- ▶ Just be yourself. Don't be afraid to convey your opinions. If somebody insults you, just disregard them.
- ▶ Be affirmative. Even if you're feeling really down, remember that there's forever something out there to smile about. A favorable outlook will make individuals want to be around you a lot more. Be cautious, though. There's a point where optimism can be bothersome. Don't be too optimistic.
- ▶ Make a joke. (Having a sense of humor is crucial, but don't get too carried away, there are a few things you have to be sober about. If you joke about your acquaintance in a rude way it could damage your relationship with them.)
- ▶ Smile as much as you are able to! Signs of encouragement let individuals know you care about what they're saying. But have a reason to smile. Make it clear you've a reason to smile with humor or

affirmative words. Smiling without a reason or smiling a bit much may creep people out.

- ▶ Listen more than you blab. Rather than nodding and smiling and sometimes wiping the dribble off your face, try to take what the individual says and run with it. Add your own ideas into the mix - but don't commandeer the conversation.
- ▶ Say "hi" to those that don't talk much. (Share something about yourself, like where you're going or why you're there. Avoid discussing the weather attempt to compliment them.
- ▶ Be patient. If you're still among strangers, the apprehensiveness of a conversation may cause a delay in comments. Don't worry, that will disappear in short order.
- ▶ Love yourself. It's difficult to like others when you don't appreciate yourself for who you are. Try exercise to improve your self-regard. Begin your journey to "self-discovery."
- ▶ Respect everybody, regardless what they think or say. They are a person and deserve to be addressed with respect. If you treat individuals well they'll treat you the same!



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## **Chapter 5:**

### ***Expanding Business Contacts Affirmation***

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# Synopsis

*I'm expanding my network/business contacts.*





## Networking

You've likely heard the phrase "It's not what you know, it's who you know." In today's interrelated society, that rings true to a higher degree. Your gifts, abilities, and experience will never take you anywhere if nobody knows you exist. So to get what you want out of life and business, you need to be resourceful. Your fellow humans are a vast resource.

- ▶ Break your stereotypes about networking. If you're reading this, you're probably acquainted with the advantages of networking, but you've avoided doing it for a assortment of reasons.
- ▶ Networking can appear insincere, ostentatious, or even manipulative. And if that's what you're thinking, you're likely right... about some of it. There will forever be individuals who judge others based on image and titles, but there are likewise individuals who want to establish genuine, mutually beneficial relationships. When you're networking, you're going to have to strain through the individuals you don't want to know to get to the individuals you do want to know. That's merely a crucial part of networking, but the good news is that with practice, you'll get more beneficial at spotting the individuals worth knowing.
- ▶ You may think you're too timid or self-aware to schmooze. Networking does call for a degree of

boldness, but with the advent of social networking sites, you are able to get to discover others with similar interests and goals without being in a room full of individuals. Likewise, individuals who are shy and self-aware tend to be a lot more open and blabby when they're doing or discussing something they're deeply interested in. If you discover individuals who are just as obsessed with self help, origami, or gardening as you are, then you'll have a much easier time building connections.

Networking takes time and sweat. Unless you're an extroverted individual who thoroughly enjoys schmoozing, it can be depleting. Why bother? Well, one way to consider it is to imagine how much time and thwarting you'd save if anything you wanted or needed was just one or two calls away. In the end, a network can be an investment, with benefits that outbalance the costs. You just need to stick with it and see it grow.

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# **Chapter 6:**

*Great Friend Affirmation*

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# Synopsis

*I'm a great friend!*



## **Being A Great Friend**

Have you discovered yourself contemplating how to make that new individual in your life a good friend? Here are some tips.

- ▶ Be true. Are you attempting to be friends with somebody to be accepted into a certain clique, or as you'd like to get to know somebody else that he or she knows? That's not friendship, it's self-interest. Every new individual you meet has the right to be accepted (or not) on his or her own virtues, it's better to just be yourself than let anybody else influence you into being somebody you're not.
- ▶ Be truthful. An unscrupulous individual has no chance of bearing true friends. Keep your promises; do what you say you're going to do, and above all -- don't lie! Be reliable.
- ▶ Be truehearted. If your friend tells you something in trust, don't discuss it with anybody else. Never say anything about your friend that you wouldn't really want to repeat face to face. Don't let other people say bad things about your friend till you've had a chance to hear your friend's side of the story.
- ▶ Dig in for friends during times of crisis. If your friend has to go to the hospital, you could help pack his or her

bags; if her/his dog turns tail, help to find it, if he/she needs somebody to pick him/her up, be there. If there's a death in his/her family, you may want to attend the funeral -- or cook and take a dish or a meal over to your friend. Care about your friend enough to help him or her open up and let the tears roll. Truly listen openly. Stay calm and reassuring.

- ▶ If your friend is experiencing a crisis -- don't say: "Everything is going to be o.k.." -- if it's not going to be. This goes right along with keeping it true. It's hard not to say that occasionally, but false reassurance can frequently be worse than none, and it might undermine your friend's ability to come through the crisis as well as one may. Instead, tell your friend that "whatsoever you decide or need, I'm there for you."
- ▶ Give advice, add view. Don't judge your friend, but do advise. Tell him/her how you comprehend his/her situation, and what you may do in the same circumstances. Don't be offended by one hearing your advice and then choosing to ignore it. Your friend must make his or her own conclusions.
- ▶ Never make a promise you know you can't keep. Good friendship is founded on trust - if you break a friend's trust, the friendship might be very hard to save.

- ▶ Hear. You don't have to agree -- just hear what is said. Make certain to stop talking to hear -- so you're not just running your mouth. If you're monopolising every conversation with your feelings, the friend isn't getting anything out of the relationship.
- ▶ Don't be selfish. Grabbing, stealing, begrudging and/or begging are big Nos in the rules of friendship. The friend will soon get fed up with this and eventually move towards more self-less people.

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# **Chapter 7:**

*Get Together Affirmation*

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# Synopsis

*I'm gonna have a great party!*



## **Planning For The Best**

At onetime or another every individual will plan some type of event. This event can be small or large but regardless its size, or its target audience, every event will call for planning in order for it to be successful.

- ▶ Sit down and consider the event that you are planning. Consider the outcome that you would like to see. Image everybody that will be involved and start to formulate plans in your minds eye.
- ▶ Author the vision. Start to write all the thoughts that spring to mind. Allow yourself the chance to see the best possible result for the event.
- ▶ After you've put down all of your thoughts go through your list again and select the best ideas.
- ▶ With each thought that you've written begin to contrive a plan to see that each idea comes into being. Do research, read books, go online, talk to individuals and get all of the data necessary to make it happen.
- ▶ Think about making a story board. Cut out photos, words that give a visual of what the result is that you expect use a poster board to apply your pics to.

- ▶ Develop a budget. Go online or go through the paper, magazines to ascertain the perspective cost of your event. If you're having the event at a "for rent" location make certain to factor that cost in. Food is likewise a big ticket item, don't undervalue the cost.
- ▶ Arrange a timeline and working with the items that call for the most time first and so on.
- ▶ Order or shop for all particulars needed for the event. When you are able to delegate assignments do so.
- ▶ Getting a check list is crucial. Make a check list that can work with your time line. List all details and check them off as you achieve them.
- ▶ A few days before the event countercheck to make certain that everything is on target.
- ▶ If you're decorating begin as soon as possible so that you will not be overpowered by all of the tasks.
- ▶ Get to the event a couple of hours earlier than the anticipated start time. Make certain that everything is set up and in place.
- ▶ Receive your guests as they arrive and trust for a fantastic outcome!

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# **Chapter 8:**

*Outgoing Affirmation*

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# Synopsis

*I can talk to anyone!*



## **Make Conversation**

We all come across spots in which we must start conversations with utter strangers. Whether it's in a business or recreational surroundings, successfully talking with different types of individuals can be a challenge. The info here will help you learn how to talk to anybody.

- ▶ Personify yourself. Don't try to make every story a amusing anecdote if that's not your way. You don't have to be the focus of attention in order to talk to individuals. You merely need to be able to make a connection with other people.
- ▶ Pay attention. When you're in a conversation with somebody, you must forever give them your undivided attention and listen carefully. Keep eye contact and make certain your body language is open and receiving; don't cross your arms or tilt away from the individual.
- ▶ Ask the individual questions in order to ascertain what makes them intriguing and what the two of you have in common. The correct questions will give you a great deal to talk about with anybody you meet. All the same, avoid asking any questions that are too personal or provocative--you may wind up offending the other individual.

- ▶ Stay up to date on up to date events. Even if you don't have anything in common with the other individual, you are able to still fall back on the cutting-edge news as a beneficial topic of conversation.
- ▶ Finally, behave confidently.

## **Wrapping Up**

Everybody who wants to be happier and have a better life desires social supremacy. This is a goal that many people have accomplished and many more individuals wish to accomplish. There are many ways to gain social supremacy for business and life, and each individual has their own definition of this. Regardless what your definition of social supremacy is, affirmations can help you attain your goal.

Hopefully this book has given you the tools to have a different look at using affirmations for social supremacy.







