

Affirmation Statement
(Short)



Scientific research demonstrates that the use of positive self-talk can be a powerful influence on one's life, leading to change in both thinking and behavior.

The following affirmation statement was composed from selections of the Bahá'í Writings. Repeat this statement each morning and evening for 30 days and then reflect on the changes you are beginning to make in your life.

This statement is meant to accompany materials on character development and a personal development program entitled "The Brilliant Star." The compilation used in this program is available on the World Wide Web at the following URL: <http://chiron.valdosta.edu/whuitt/religion/bahai/brilstar/brstar/brstovr.html>

Additional versions of this statement are available.

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I, _____, have an enlightened nature, an upright, virtuous and radiant private character and a luminous outer being. I live a chaste and holy life and show a rectitude of conduct. My actions are decent and righteous. I have pure intent and high standards of behavior.

I am honest, truthful, and trustworthy. I am happy, patient, and content under all conditions. I have hope, faith, and certitude and place my whole trust and confidence in the grace of God. I have energy, zeal, and courage to pursue God's will in my life. I have constancy, firmness, perseverance, reliability, resolution and steadfastness. I keep promises, covenants, and agreements.

I have a strong desire to become accomplished and acquire inner and outer perfections. I strive and struggle night and day to obtain spiritual and physical strength and intellectual power. I have a fervour and yearning to obtain excellence in all things and achieve such distinction as to make others astonished. I walk the straight path, adhering to what will elevate my station to the noble rank to which I have been created. I bring myself to account each day as I seek to awaken my inner, potential nature, acquire divine qualities and live a life fortified by the Holy Spirit.

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