



*Chellie Campbell*

Financial Stress Reduction®

Coach | Author | Speaker

# *Absolutely Amazing Abundance Affirmations!*

**Change your mind about money today and  
change your experience with money tomorrow.**

# *Absolutely Amazing Abundance Affirmations!*

Congratulations for taking action and giving my Absolutely Amazing Abundance Affirmations a try! **Be sure to read through the introduction and operating instructions to get the most out of your quick start list of affirmations on the last page.**

I've been giving these away for many years when I speak to groups and they really work! Now they are available from the website at no cost to you except for your effort.

Here's a recent comment regarding how they worked even during the lockdown of 2020:

*"All I had to do was talk to you, sign up for your affirmations and buy the book—I have barely even started to read it and guess what? I just sold my FIRST 3 month client. And then I had a call from a former patient who tracked me down and said, 'I'll pay cash to come see you.'. A family of four AND her sister wants to start coming to see me, just like that. So thank you! You're a lifesaver. Thanks, Chellie, and you get my rave at the next meeting."*

– Jody Jones, Chairman and CEO at Dr. Jody

When I talk to an audience about money and ask them to raise their hands if they know someone who is financially stressed, everyone raises their hands immediately. We have such a collective disempowered attitude about money, filled with lack and limitation!

**The first step in changing your experience with money is to change your thoughts about money. It takes practice, and I designed these affirmations to rewire your brain to believe in your prosperity!**

**Change your mind about money today and  
change your experience with money tomorrow.**

**Try it and see.**

## *How Affirmations Work*

My first book, [The Wealthy Spirit: Daily Affirmations for Financial Stress Reduction](#), is a page-a-day instruction book for living a rich and happy life inside and out following 6 *Wealthy Spirit* principles. Affirmations are one way to put the keystone principle of "Think Positive" into action. Here is your bonus sample chapter from the book on the first affirmation I teach in the workshop and how your efforts pay off.



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## Bonus Chapter - #5 - January 5

# *People Love to Give Me Money*

**“Money swore an oath that nobody who did not love it should ever have it.”—Irish proverb**

When I work with groups, I always ask if anyone ever took a class on making and managing money in grade school or high school. Very few hands go up. Without official training in this subject, people are left to formulate their own ideas based on what they heard, read, or saw others do.

So what did you hear about money when you were growing up? What did your parents say to you when you asked for money? What did you read about money? What did your teachers, friends, neighbors tell you? What were the old clichés you heard? These thoughts became your “money mantras” and they resound in your mind whether or not you are conscious of them. And they create your financial reality.

Try completing the following sentences:

“Money doesn’t grow \_\_\_\_\_.”

“It takes money to \_\_\_\_\_.”

“The love of money is the root \_\_\_\_\_.”

“It’s just as easy to marry \_\_\_\_\_.”

“The rich get richer and \_\_\_\_\_.”

“Money can’t buy \_\_\_\_\_.”

“Save for a \_\_\_\_\_.”

My workshop participants call out the answers immediately. As each one is mentioned, I write it on the white board for everyone to see. As I add more and more negative statements, the room gets quieter and quieter. The energy level goes way down. The feeling is palpable as people focus on their negative ideas about money. I ask them to feel the energy in the room and they all notice it’s more depressed.

Then I ask, “How many people believe in the power of positive thinking?”

Many people raise their hands, but then I run to the board and point out all the negative statements and ask, “Then what’s this?!”

This generally gets a good laugh as people realize that they may believe in thinking positive, but they haven’t really taken the time to evaluate their thoughts that they are constantly replaying in their minds. At this point, they’re ready to learn some new positive thoughts about money.

The very first affirmation I teach them is, “People love to give me money!” I have them say it out loud with me, and the energy level in the room goes up immediately. People start laughing—it’s fun, and it feels so different to say a positive, fun, money affirmation. I say, “See, you can’t say it without smiling!”

Many people make this statement a part of their daily affirmation program. And the results have been amazing. One attorney thought it was silly, but was game to try it and so repeated this statement all the way home from the class. As he walked up to his front door, his roommate ran out and handed him a check for money he had owed him for nine months. Effie, a young photographer, was saying this affirmation in her car. When she stopped at a traffic light, a homeless man knocked on her window. When she rolled it down, he handed her five dollars!

Change your mind about money today and change your experience with money tomorrow. Try it and see.

**Today’s Affirmation: “People love to give me money!”**

# Why Affirmations Work

**Even if you already do affirmations and know how they work, I'd like to share with you my take on them, why they work, and what they can do and what they can't do.**

Just saying affirmations isn't enough to make your dreams come true. For example, if you want to become a fabulous pianist, how many affirmations do you think you'd have to say in front of a piano before you could play it?

Saying affirmations is preparing your body, mind and spirit to move forward in a positive direction. It will make your music rise inside you, but you will still need to take lessons, learn the skill, and **practice!**

## You're Wearing Your Thinking

Why is saying positive affirmations about money particularly important? You wear your thoughts like clothes. Your thinking shows up on your face, in your body language and in your energy. You are projecting joy, success, and prosperity or you are projecting misery, failure, and poverty. And all points in between.

**People can see it and they can feel it.** They respond, consciously and unconsciously, to the thoughts you project. We're all wearing our thinking, and other people can tell what it is.

So do you want to be wearing prosperity or poverty?

## Getting Zillionaire Results

Using affirmations isn't a revolutionary idea. In *9 Steps to Financial Freedom*, Suze Orman calls these positive thoughts "*your new truth*". T. Harv Eker, in *Secrets of the Millionaire Mind*, calls them "*declarations*." My friend, Rhonda Britten, star of the television show, *Starting Over*, calls them "*intentions*." Affirmations, Zillionations, Schmillionations—I don't care what you call them. Call them "*assertions*" if you're practical. Call them "*affirmations*" if you're metaphysical. Call them "*Chellie Chants*" if you're fun. Call them anything you like. Just call them.

**Knowing about them and practicing them are two different things.**

When I was teaching [Financial Stress Reduction® Workshops](#) in the early 90s, I noticed I was the most financially stressed person in the room—a rather humbling awareness, as you can imagine.

**I wondered why all my class participants were creating marvelous financial results for themselves and I wasn't.**

**What were they doing that I wasn't doing?**



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**They were practicing positive statements about money every day.** I was teaching them, but I had stopped doing them. Ouch. So I started practicing my positive thoughts out loud every day, and in the next six months I doubled my income.

**Isn't there a time when you're *done*, already?**

**No.** It's irritating, but that's how it is. As long as you're alive, you're still thinking and wearing your thoughts. You're repeating thoughts that make you richer or thoughts that make you poorer. Thoughts that make you happy and thoughts that make you sad.

You're doing them now, whether you realize it or not. There's a constant stream of positive and negative statements running through your mind every waking moment.

**Affirmations aren't magic words. They are a tool to help you get dressed,** to put better emotions on your face for the viewing public. They help you focus on what's good instead of worrying about what's bad. Worry puts a frown on your face. Confidence puts a smile on your face.

**Who do you want to work, partner, do business, or hang out with? Frowning people or smiling people?**

**Let me give you a tip:** *The more you have repeated the negative statements in your mind, the more awkward and silly it is going to feel to say positive things.*

This comment from a [Financial Stress Reduction® Workshop](#) student is not uncommon,

*"Oh, Chellie. Right off the bat you've hit my 'this will never work' button. When saying this affirmation, all I can think about is the lack I've had in my life since childhood. Now, that doesn't mean I'm not gonna say it, but this will truly be a "fake it, 'til you make it" affirmation for me!"*

Ah, yes, "Fake it 'til you make it", that great old show biz adage. Well, I'm here to tell you it works.

Go look in the mirror and say the usual things you say about money and your life.

How happy and successful do you look? Or do you look bitter and twisted? **If you want more money, commit now to changing your attitudes about money. Then watch your face change as you practice the Absolutely Amazing Abundance Affirmations!**

Good luck, and have a rich and happy life!

Love and blessings,

*Chellie*



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# Operating Instructions

These are a few of the most useful affirmations from my book [The Wealthy Spirit: Daily Affirmations for Financial Stress Reduction](#) that I have selected to help you start putting positive thinking and affirmations to work.

Review the quick start list of affirmations on the last page and pay attention to the ones that really stand out. Especially notice when you feel resistance, this is an opportunity to change your mindset.

Select the one or more affirmation from the list to start with. Each day repeat out loud or write down an affirmation first thing in the morning and at night before you go to sleep and, as a boost, throughout the day when you are waiting in line, driving, exercising, etc.

Do them consistently for 21 days and you will establish a new prosperity consciousness habit!

For a convenient reminder print out the last page with the quick start list of affirmations. You can also use this page to make notes about what you notice when using different statements.

**TIP:** *Really accelerate your progress, and select more than one affirmation to repeat.*

**TIP:** *Schedule a couple of check in days in your calendar to make sure you are on track during the first 21 days and maybe write some notes. If you've missed a couple of days, no worries, just restart your 21 day practice.*

## Affirmations & More

Want help getting richer and happier EVERY DAY?

Now you can get daily support and have fun networking in The Wealthy Spirit Group on Facebook!

I do a 10-minute motivational Facebook live video from my book with extra secrets and tips no one else receives to increase your success every day!

Join us to practice the six principles of *The Wealthy Spirit* - think positive, send out your ships, count your money, swim with the dolphins, survive the storms and seek balance and enlightenment then watch your income, connections and happiness soar!!

**[Visit The Wealth Spirit Group page here, to learn more and register!](#)**

# *Absolutely Amazing Abundance Affirmations*

People love to give me money!

I am rich and wonderful.

I am now earning a great big income doing what makes me happy!

Something wonderful is happening to me today—I can feel it!

All my bills are paid up in full and I still have all this money.

My affirmations work for me, whether I believe they will or not.

A lot more money is coming into my life.  
I deserve it and will use it for my good and others.

All my clients praise me and pay me!

I am a money magnet!

Money comes to me easily and effortlessly, waking and sleeping.

I am now highly pleasing to myself in other people's presence.

All my dues are paid in full.

I walk, talk, look, act, think and am rich!

I am a winner—I win often, and I win big!



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