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THE ESSENTIAL ELEMENTS OF EXCELLENCE

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Cotton Center ISD Mission Statement

“Our mission is to graduate all students with skills and values to successfully compete as life-long learners.”

E.L.K.S.
Excellence
in
Learning
Knowledge
and
Skills

The Power of Positive Affirmations (Part 2)

I like talking to and being talked to by those who are positive. I feel encouraged, strengthened, and excited when I surround myself with these types of people. And I know that if the confession of these types of people can have a positive effect, then all I need to do is change my affirmations about myself to match theirs. In doing so, I can choose at will to encourage, strengthen, and excite myself with my own words. So...

“Confess yourself as the best and you eventually will become it even though the world has written you down as a failure.”

How many times have you heard someone say, “sticks and stones may break my bones but words will never hurt me.” That could not be any further from the truth. Words do hurt, and they play a role in dictating what our life is going to be like. No matter what someone tells us, we do not have to believe it. By maintaining a positive confession we can change our entire life. But we also know...

“The tongue, if ungoverned, governs the whole man.”

The tongue through words can condemn, can justify, can build up, and can tear down. Words can ruin an opportunity to be hired for a great job; it can set one up to be the best candidate in an interview. Words are powerful and we communicate through them. We tell the truth and lies through our words; we release hope and defeat through our words. But the

bottom line is this—a person cannot rise above their confession. Therefore, realize that the power of...

“Confession is simple—say what’s right, even though what’s right is not seen.”

We must speak words that reflect what is appropriate and what is best for our situation. If we speak the negative, the negative will remain. If we speak the positive, the positive will eventually emerge. What is right is not always what’s seen. Our problems should not always be addressed. And if one is willing to strive for excellence, the power of affirmations must be a key ingredient to one’s success. Actually...

“It’s not enough to think excellence; you must also speak it.”

A confession of excellence always looks at what one’s expectations are. A person who strives for excellence is always implementing self-talk to help them improve. They will say things like, “I can make it this time. I’m going to meet this goal this time. I’m not going to quit but see it through to the very end no matter how hard it is.” Self-talking affirmations help one to stay focused in accomplishing their dreams. Hence...

“Always bear in mind that your affirmation to succeed is more important than any other.”

I am not referring to just a one-sided success. Success in life is more than money, power, and influence. It’s about accomplishing goals. It’s

discovering dreams, setting goals to reach those dreams, and putting a plan into motion to accomplish goals. Each goal that is completed is one step closer to a dream. And affirmations must be aligned with those desires. To do so is not an issue of arrogance because...

“Positive affirmations are not the ramblings of vain, egotistic, and self-complacent individuals but rather the contrary—humble, tolerant, and kind individuals.”

People who are like this not only want what’s best for themselves but also what’s best for others. These affirmations of success, dreams, and goals are not braggadocios but rather confidence in one’s pursuit of excellence. And such confessions are the beginning of excellence because...

“Positive affirmations are the first step one takes in reaching excellence after hitting bottom.”

If there’s one thing a person can do when nothing seems to work, it’s make a positive confession. There may be no other goals that can be accomplished at the time, but a person can confess the best while the worst is all that can be seen.

Positive affirmations, confessions, and words will up-gird an individual when there’s no evidence that things are going well. Start with excellence by starting with words. They keep a person steady when nothing else will.