

# **Follow Through**

## **Finish Everything You Start**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are following through on all your goals.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming more and more resilient toward the fulfillment of your goals. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I always follow through

I follow through on my decisions

I finish what I start

I always plan with the future in mind

I take measured risks

I learn from feedback

I adjust my goals and keep moving

I am always moving forward

I consistently reach my goals

I take two steps forward for every step back

I live on purpose

I make strong commitments

I keep my word

I enjoy following through

I see things to the end

I always finish my projects

my life is a story of success

I remember my past successes

I imagine my future successes

I use my successes to move me forward

I am always creating bigger and better things

I am always achieving bigger goals

my word is worth gold

my word is my bond

my word is unbreakable

I have immense trust in myself

others have immense trust in me

my actions are powerful

my actions are consistent

my actions are dependable

I am dependable

My word is dependable

my commitments are dependable

I always follow through no matter what

I chase my goals to the ends of the Earth

You always follow through

You follow through on your decisions

You finish what You start

You always plan with the future in mind

You take measured risks

You learn from feedback

You adjust your goals and keep moving

You are always moving forward

You consistently reach your goals

You take two steps forward for every step back

You live on purpose

You make strong commitments

You keep your word

You enjoy following through

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You always finish your projects

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