

# **Rock Solid Patience**

**Take the Long View**

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

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you can easily wait through any experience until you are successful.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming more and more patient. 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 have ultimate patience

I can wait a long time

I take a long view

I always think several moves ahead

I control my emotions

I know good things come to those who wait

I am extremely patient

I am amazingly patient

my patience makes me money

my patience helps me succeed

my patience keeps me healthy

my patience keeps me happy

people admire my patience

people respect my patience

I know they will come around

I can wait a long time

I always act with the future in mind

good things always happen to me

I will succeed eventually

I will win eventually

I will get everything I want eventually

I will become successful eventually

I will prevail eventually

I will come out on top

I will succeed

I will win

I will prevail

my thinking will prevail

my determination will prevail

my attention to detail helps me succeed

I am always on track

I have unlimited patience

I have eternal patience

I have unbelievable patience

I have rock solid patience

You have ultimate patience

You can wait a long time

You take a long view

You always think several moves ahead

You control your emotions

You know good things come to those who wait

You are extremely patient

You are amazingly patient

your patience makes you money

your patience helps you succeed

your patience keeps you healthy

your patience keeps you happy

people admire your patience

people respect your patience

You know they will come around

You can wait a long time

You always act with the future in mind

good things always happen to you

You will succeed eventually

You will win eventually

You will get everything You want eventually

You will become successful eventually

You will prevail eventually

You will come out on top

You will succeed

You will win

You will prevail

your thinking will prevail

your determination will prevail

your attention to detail helps you succeed

You are always on track

You have unlimited patience

You have eternal patience

You have unbelievable patience

You a have rock solid patience